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- 1066—M. Kennedy, 79, Broadway Street, Oldham, agent.
 1067—John George Russell, Shincliffe, Durham, colliery agent.
 1068—Frederick Charles Reid, 10, Norfolk Crescent, Hyde Park, London W., indoor servant.
 1069—Edward Carpenter, Bradway, near Sheffield, M.A. Cambridge.
 1070—Charles Robert Fleury, M.D., The Limes, Hampstead Green, London, N.W., physician.
 1071—William Henry Jubb, Longford, Coventry, newsvendor.
 1072—John Hockey, Arden Lea, Victoria Park, Manchester, assistant.

NOTICES AND CORRESPONDENCE.

WANTED, to complete sets, "D. R." for February, 1881.

THE EXECUTIVE COMMITTEE will meet on the 14th and 26th September.

LONDON.—Ladies' hygienic clothing may be had from Miss Franks, 23, Mortimer Street, W.

THE DIETETIC REFORMER,

AND

Vegetarian Messenger.

CXLI.—NEW SERIES.]

1st SEPTEMBER, 1883.

[PRICE TWOPENCE.]



OUR financial year closes on the 30th September. Our Executive invite the promised aid of members, associates, and subscribers to whatever extent they may be able to give it, and they ask that subscriptions due be sent to the Society's office as early as convenient before the date mentioned. A crush at the last few days of the year is most conveniently avoided by this kindly forethought. Very few words of appeal are usual in this magazine, but this fact increases rather than otherwise the force of the appeal which is now made. The Vegetarian Society has come to be conspicuous among kindred associations for the extent and efficiency of its work, and for the extreme economy of the cost at which that work is done. Its aim of recent years has been three-fold, and its mission in discharge of that aim has been systematic, vigorous, and unremitting. Our Society has offered freely to all the world information upon Vegetarian diet. It has sent out lecturers to every part of the United Kingdom from which invitations for such lectures have been received, and where local arrangements have been possible. It has maintained a vigorous and extensive mission upon and through the press, and it has issued and distributed a large series of publications designed to meet every want of its numerous workers in each department. Although much has been done, the necessity for constant missionary effort is as manifest as ever, and even more so, since the opportunities are greater. On every hand there is a readiness to receive our principles and a capacity to understand them to which heretofore we have been unaccustomed. The Vegetarian Society, which has now for thirty-six years originated and carried on this truly national and international movement, has established a moral claim for support upon all who believe in the importance and urgency of pure diet, a claim which we regard as supreme and irresistible, and as the basis of all true social reform. The hearty support which has been accorded hitherto by so many of our friends is most welcome evidence of the appreciation

which our efforts have received. Let our utmost efforts be put forth, and all the support which our active and earnest friends can give is not one penny too much for the task before us of carrying our work into every avenue of our national life, into every locality, and, as far as possible, into every home, and to maintain the Society as a vigorous national organisation, with the aid of active local organisations everywhere; nor, if this support be promptly and cordially given, will it be one penny too little.

WE hope, with the coming autumn and winter session, that our workers everywhere will make renewed efforts in the lecturing crusade, and that such of them as are members of literary, mutual improvement, and debating societies, Good Templar lodges, &c., will exert their influence in bringing the food question prominently forward. Our friends may do this by themselves reading papers to such societies, or attending as deputations on behalf of the Vegetarian Society, of course using the Society's tracts and pamphlets freely; and the services of the Society's lecturers will be available for local institutions and organisations which will find suitable lecture-rooms and make the necessary arrangements. At the end of the present month Mrs. Kingsford is expected to start upon a short lecturing tour, beginning at Birmingham and Chester, afterwards visiting Cumberland; then Glasgow on 3rd October, and Edinburgh on the 4th and 5th October. Any of our friends who desire to take advantage of this arrangement for a visit which could be made to conveniently fit in as part of this lecture tour of Mrs. Kingsford, will oblige by writing to our secretary immediately.

A MEMBER of the Woman's Co-operative League, writing in the "Woman's Corner" of the *Co-operative News*, gives a list of seven Vegetarian dinners, "all wholesome and palatable." These dinners, she adds, have been tried recently, and can be made at a cost of about threepence per head.

1. Vegetarian pie, cabbage, sauce, blanc mange, baked apples, black currants.
 2. Baked eggs, broad beans, parsley sauce, potatoes, red and black currants.
 3. Macaroni with cheese, onions, baked with milk, &c., cherries.
 4. Green peas, potatoes, brown Betty pudding.
 5. Soup (green pea), barley pudding, currants.
 6. Vegetable marrow, sauce, potatoes, barley pudding, gooseberries.
 7. Bread crumb omelette, rice pudding, gooseberries.
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MR. T. ANDERSON HANSON, of Philip's Park Mills, Manchester, consenting to join the Executive, thus kindly writes:—

"Whether I can be of use to the Vegetarian Society in the position you have so graciously placed me more than before remains to be seen. At any rate, I am only

expressing my truest feelings when I offer to you my sincerest thanks for having in this way given me the opportunity. The Society is very dear to me, for, through it, and, I hope I may add, a virtuous life, I am realising the very highest physical health and spiritual enjoyment, and far higher than I once thought it possible for humanity to attain unto here below."

THE Executive have been able for a time to secure, as assistant in the Society's office, and also for lecturing engagements, the services of Mr. R. N. Sheldrick, who has been so long known amongst us as an earnest and industrious promoter of the Society's objects, both on the platform and otherwise. This arrangement affords an excellent opportunity for facilitating the efforts of friends who are working in their several localities for the promotion of the Society's mission. It may now be possible, by arrangement, to obtain Mr. Sheldrick's help in visiting localities for the purpose of strengthening the efforts already made by our friends who have done their best, often single-handed, to keep alive a more or less vigorous mission. Mr. Sheldrick can thus visit any locality and confer with friends as to the best means of organising and carrying on future work, forming new societies, or helping those already existing; he will also be glad to call upon persons likely to be interested in the Society's work, locally or nationally, and to undertake lecturing engagements in the evening. The Executive will be glad to receive early applications for services of this kind, which have so long been needed in connection with the movement, but which have hitherto been beyond our power to supply.

THE anniversary meetings of the Vegetarian Society will be held, as usual, at Manchester, on Wednesday, 17th October, the day following the anniversary of the United Kingdom Alliance. A large gathering of friends is expected, and important matters will be brought forward for discussion, of which particulars will be given in a further announcement in our next month's issue. The arrangements will comprise the usual business conference, to be held at two o'clock in the afternoon, and public meeting at seven or half-past seven in the evening. Friends from a distance will probably take a social meal together at the conclusion of the business meeting, at about five o'clock. Any suggestions or business to be laid before the annual meeting should be sent in as early as possible through our secretary.

"FRIEND after friend departs," who has on earth devoted himself to the higher life. It must be so. Yet for those who are left these losses are very touching. Linked by the same ties, full of the same grand aims, and having in measure the same communion, we cannot be surprised

that the sharp transition should be painfully felt by some. We note thus late the departure of Robert B. Blackader, formerly of the city of London, but latterly of Abbot's Langley, Herts. Mr. Blackader had passed his seventieth year. His had been no idle life. In addition to business engagements, he was an earnest student, and deeply interested in movements for the elevation of the human race. His "Comprehensive Bible," with chronological arrangement, is a monument of patient industry, research, and devotion. It is notable that our movement comprises not a few able scholars who have devoted themselves to Biblical study. It is enough to mention, besides Blackader, Isaac Pitman, of Bath; the Rev. W. A. O'Connor, B.A., of Manchester; and the Rev. T. K. Cheyne, M.A., of Balliol College, and a member of the Old Testament revision committee.

"DEEP BREATHING"* is a vigorous and valuable little book, translated from the German. The great importance to health and vitality of the practice commended by the authoress is ably insisted on. The style is brilliant and vivacious, and the facts given are of supreme interest to those who wish to improve health and add to the enjoyment, richness, and usefulness of life.

AMONG amiable novelties, we gladly call attention to the "wild flower show"—the second of its kind—held in Chester on 26th July, and of which an account occurs in the *Chester Chronicle*. We understand that the qualifying term "wild" applies to the flowers, and not to the show or to the young exhibitors. The show was in connection with the City Mission Band of Hope and Sunday School, and was held in the Mission Hall. We read with pleasure that—

"Everything which refined taste, patient industry, and an abundance of material can do to render rooms attractive was expended on the decoration by the Misses Denson, their efforts being supplemented by a liberal display of flowering and foliage plants, lent by Messrs. F. and A. Dickson and Sons. One much-appreciated feature was a miniature hay-field, with well-loaded cart and industrious haymakers. Indeed, the yield of this meadow seemed to be prodigiously heavy. In addition to the display of wild flowers in bouquets of every conceivable size and shape, ferns in boxes, pots, &c., pressed leaves and flowers, there was an exhibition of pets, which might well be designated 'a miscellaneous lot.' It consisted of Persian, Angora, and tortoise-shell cats, a tiny dog (evidently belonging to the blue Ribbon Army), guinea pigs, white mice, and a pair of white rats, &c., &c. The meeting for the distribution of prizes, &c., was very numerously attended, and was rendered most enjoyable by the singing of the children. The hymns, mostly chosen from a service of song, entitled 'The Flower Garden,' by kind permission of the composer, C. Darnton, Mus. Bac.,

* "Deep Breathing, as a means of Promoting the Art of Song, and of Curing Weaknesses and Affections of the Throat and Lungs, especially Consumption." By Sophia Marquise A. Ciccolina. Illustrated. Translated from the German by Edgar S. Werner. New York: M. L. Holbrook & Co.

were particularly appropriate. From a comparison between the shows of this and last year, it appears that there has been considerable progress both in point of number and excellence, there being over 90 entries. The prizes were distributed in a pleasing manner by Mrs. Henry Bowers, after which Mr. E. J. Baillie, who had consented to act as judge, gave an address full of fine thoughts and graceful language, based upon the words in the Song of Solomon, 'The flowers appear on the earth, and the time of the singing of birds is come,' impressing upon his hearers those lessons of humility and trust which a love and knowledge of flowers are so calculated to teach. The prize list included rewards for the collection of wild flowers containing the greatest number of different kinds; for naming the greatest number of wild flowers; for the best collection of pressed leaves of trees and wild flowers; for the best bouquet of wild flowers, &c., &c."

"We are led to believe that Leonardo himself was a Vegetarian from the following interesting passage in the first of Andrea Corsali's Letters to Guiliano de Medici. 'Alcuni gentili chiamati Guzzarati non si cibano di casa alcuna che tengua sangue nè fra essi loro consentons che si nocchia ad alcuna cosa animata, come il nostro Leonardo da Vinci.'"

These words occur as a footnote to the recent volume—the *Literary Work of Leonardo da Vinci*, by Jean Paul Richter (vol. ii., p. 130). But in the text at the same page Leonardo himself says (we quote the translation): "Now does not nature produce enough simples for thee to satisfy thyself? And if thou art not content with simples, canst thou not, by the mixture of them, make infinite compounds as Platina wrote, and other authors on feeding?"

WE have received from Mr. W. Lovel, author of "How to Grow Strawberries," a few sample plants of "Sir Joseph Paxton," and sample fruit of "Filbert Pine" strawberries. The plants are strong runners, healthy, and well-rooted. The fruit is delicate in colour, and in flavour somewhat suggestive of the pine apple. The list of strawberries grown at the famous strawberry nurseries of W. Lovel and Son, Driffild, Yorks., comprises twenty-two varieties classified as "early," "mid-season," and "late," and gives useful "Hints on Cultivation," and the following delicious quotation from Josh Billings:—

"The strawberry is one of natur's sweet pets. She makes them worth two shillings the first she makes, and then she allows them to be sold at a mean price. Its fragrance is like the breth of a baby when it first begins to eat lozengers; its flavour is like the nectar which an old-fashioned goddess used taw leave in the bottom of her cup, when Jupiter stood treat on Mount Ida. There is many breeds of this vegetable, but not a mean one in the whole lot. Cherrys are good, but they are tue much like sucking a marble with a handle tue it. The man that can eat strawberrys besprinkled with crushed sugar, and bespatted with kream (at somebody else's expense), and not lay his hand on his stummuck, and thank the author of strawberrys and stummucks, and the phellow who pays for the strawberrys, iz a man with a worn-out conscience."

THE *Lancet* is occasionally amusing. In a recent article it names amongst "other follies of the day," the last, that some "indiscreet" persons are objecting to the use of salt, and purpose to do without it. The writer continues—

"Nothing could be more absurd. Common salt is the most widely distributed substance in the body; it exists in every fluid and in every solid; it is everywhere present, and in almost every part it is a constant constituent of the blood. Salt being wholesome, and indeed necessary, should be taken in moderate quantities, and abstention from it is likely to be injurious."

WE briefly introduced the new Sixpenny Hygiean Home Cook-Book to our readers last month. The good work of the late Dr. Trall in this little book speaks for itself. He raises a question that will one day be recognised as of great importance—food and cooking without condiments, fats, sugar, or spice. All with tastes not depraved, and who have tried such food under fair conditions, know that it not only gives health and vigour to body and mind, but is also far more delicious to the taste. He deals with the question of bread-making from the wholly novel and admirable point of view of absolute simplicity in the material used; but to make a pure bread without addition beyond water is a problem not easily solved. We add to the valuable remarks of Dr. Trall on the subject other recipes by Mrs. Mattie Jones. There can be no expectation that perfect bread will ever be made till it is attempted without any materials other than those of the finest whole-meal flour. Bread made without yeast by various contrivances is very palatable, and, by some high authorities in the medical profession, is commended for dyspeptics. Some bakers make very fine whole-meal cakes without yeast. This delicious bread is also made in Ireland and Scotland, on the griddle, without yeast, by the aid of sour milk and a little soda. But all these must give way the moment we can obtain a bread without yeast, soda, acid, or the like. The nearer bread comes, in flavour, to good fresh wheat, the more natural and perfect it is; and those processes of making it from fine wheatmeal and water only, though now, perhaps, capable of great improvement, may yet lead to a revolution in public health. For it is not enough to prove that white bread is extremely hurtful to health. The desire on the part of the public for whole-meal bread is no new one, but the taste for it has been kept down by the wretched character of the brown bread supplied to the general public. One London medical man has declared that the brown bread made in London, much of it, was chiefly effective in increasing the number of his patients. Probably no question that has ever attracted public attention is more important than how to make a perfectly harmless and perfectly nourishing bread.

TOUCHING the Bread Exhibition reported upon in a recent number of our magazine, it remains to be stated that each of the two ladies whose contributions were selected for highest commendation, viz., Miss Mary Hodgson, of Altrincham, and Mrs. S. I. Thomson, of Heaton Moor, have been duly presented with a bread board and bread knife, both beautifully and appropriately carved, as a substantial mark of appreciation for the excellence of their exhibits.

IN a short letter to the editor of the *Temperance Record*, on the wisdom of a diet adapted for the prevention of thirst, Mr. W. S. Manning goes as nearly as he can to the root of the matter, though we fear his friendly editor would not allow him to say how completely the fruit-fed Vegetarian loses all appetite for stimulants. He says:—

“The value of fruits, tomatoes, &c., in *preventing thirst*, can scarcely be estimated by those who have not given them a careful trial. A practical writer said, very truly: ‘People who have tried it faithfully, say they do not drink anything for months together.’ My own experience confirms this; I scarcely know what it is to be thirsty. My main object in addressing you is to call attention to the promise of a very abundant apple crop this year. Why should not teetotalers so far follow the example of wine-drinkers as to lay in a stock of substitutes at the right season? Surely the trouble many take in selecting and bottling say a cask of claret, would be far better bestowed upon the choosing and storing a stock of choice fruits. For instance, it is not very difficult to get an assortment of apples that would keep good ten months out of the year. The Irish peach apple would commence in August, and the French crab and russets would keep till May. With a little trouble a selected stock should be obtainable in September direct from the growers or from Covent Garden to last through the season. Experience would soon show which sorts are most suitable for the special needs of each family. Pears and grapes can be obtained in the same fashion. Such delicious fruits are not only ample substitutes for wine in ‘adding to the agreeableness of life,’ which appears, according to ‘Study and Stimulants,’ to be Mr. Matthew Arnold’s main argument in favour of its use, but they serve as staple foods of the healthiest kind, more especially for the young folks.”

“OUR garden is so prolific,” writes a lady who has adopted Mr. Kynaston’s method of culture, “I wish you could taste some of the peas. Everything comes on so splendidly, one really don’t know how to get through the abundant supplies pouring in.” Yet here is an instance of a garden pronounced “good for nothing,” turned into a profusion of the sweetest and finest vegetation by very simple and inexpensive means. This is good news for Vegetarian gardeners. A gentleman in Sussex lately wrote to Mr. Kynaston: “I have not had a good potato for years; this year I planted on your topsoil system, and they have turned out as fine as could be grown; also the labour of gathering them up was more like play than work, so my gardener said.”

THE *Frankfurter Zeitung* has a brief notice of the Vegetarian Congress, which concluded at Zurich on the 15th August. There was a large attendance of delegates and friends from Germany, Switzerland, and Austria. Congratulatory telegrams were received from France, England, and Denmark. The Honorary President (the Venerable Eduard Baltzer), in an enthusiastic address, described Vegetarianism as the pledge of the highest morality for the individual and for society. Dr. Dock, of St. Gall, spoke on Vegetarianism in its relation to the food of the people and agriculture. The Congress was followed by a banquet in the Concert Hall, the Regierungsrath Hauser, amongst others, being present.

AFTER three years' occupation of the compact little office at 56, Peter Street, Manchester, where the Society's work—secretarial, editorial, correspondence, clerical, and publishing—has been carried on with increasing inconvenience, the Executive have been compelled to seek for larger and more suitable premises. Our readers will please note that the new offices of the Vegetarian Society are at 75, Princess Street, Manchester. The new premises are centrally situated at the corner of Princess Street and Cooper Street, near the new Town Hall. The better office accommodation thus afforded will facilitate the Society's business in every department. As Princess Street is in direct line with John Dalton Street, our friends who visit the United Kingdom Alliance offices will find themselves able easily to call in at those of the Vegetarian Society.

THE outbreak of cholera in the East has caused the usual panic in the West. The London papers have given prominence to many suggestions for improved sanitation, &c., but, as yet, the only attempt we have noticed to make public a "specific remedy" or "preventive" for cholera is that of Mr. Joseph Wallace, published in Mrs. Wallace's new book on the "Home Cure and Eradication of Disease." The symptoms and "characteristic peculiarities" of the disease in its various phases and stages are minutely described. It commonly commences with diarrhœa, more or less severe; but an attack of Asiatic cholera is sometimes exceedingly sudden and quickly fatal. Mr. Wallace recommends the administration of a cup of strong pure coffee without chicory, which, he says, destroys the medicinal power of the coffee. This simple remedy will usually arrest the diarrhœa in a few minutes and so effect a cure. A rule is given for distinguishing diarrhœa from dysentery. The "specific" for cholera is *coffea cruda*, or tincture of coffee, prepared as follows: "Steep 1lb. (avoirdupois weight) of well-dried and pulverised raw MOCHA coffee in three and one-third pints (imperial measure)

of strong alcohol for two weeks. Shake it well occasionally, filter through blotting paper, and it is ready for use." The dose is from *three to ten* drops, diluted in water, coffee, or other liquid. The dose for Asiatic cholera is from three to ten *minims* of the tincture in a little water, every *five minutes*. One or two doses when the attack begins, it is stated, will stop the cramps, vomiting, purging, &c., and restore the natural heat of the body, and then hot baths and pure diet complete the recovery. In a letter now before us, Mr. Wallace writes:—

"I have seen the true Asiatic cholera seize a man, who has in twenty minutes all but collapsed, and reduced perhaps one to two stones in weight, voice gone to a whisper, and in half an hour after, or less, walking about feeling perfectly well; but he did not get his weight back in a fortnight after, although he consumed double the quantity at his usual meals. From that time his health became immensely improved. He had been previously very delicate, so that we see that these epidemics are all *beneficent* if we only travel on God's lines; but if we resort to drugs death or confirmed chronic disease is a too frequent result. From an experience second to none in these kingdoms, at least, I speak that which *I do know*."

THE secretary of the Foreign Cattle Trade Association has been writing to the *Times* anent Mr. Chaplin's motion. He does not like cattle sent over as "dead meat," because, he says, "it cannot pay to slaughter them," and thus export to us. The idea of humanity naturally does not occur to him. One of his suggestions is delicious.

"The stoppage of so large a foreign importation would rob the poor of the country, and particularly of the metropolis, of an important supply of offals, upon which many families are mainly dependent for animal food. I estimate that a bullock's offal would feed 45 persons for one day, a sheep's eight persons, and a pig's six persons."

Imagine one day of such "feeding!" Why it would be sufficient to predispose the London poor to cholera, or any other morbid influence that might happen to be moving.

A SOLID FOUNDATION: THE NORFOLK DUMPLING.

AFTER having passed my sixtieth year I found myself, by hereditary rheumatic gout, obliged to become a pure Vegetarian. To this I came by degrees, having been semi-Vegetarian (as I call those who retain the use of milk and its products) for twenty-five years previously. At first I found much difficulty in finding a solid foundation for my dinner—one that would *fill me* and satisfy me like the flesh-meat, or suet pudding, spoken of in the letter on "A Plain Dietary for the Million." Indeed, I believe I should have given up over and over again, had I not been forced by my health to continue. The only thing I could think of as a *pièce de resistance* at dinner was rice, bread not being satisfactory; and I was not then aware of the only tolerably solid way of cooking rice, so that frequent lapses for a day or two did occur. Now, however, that I have found out how to cook all the grains substantially, that is, wheat, oats, rice, and, if necessary, Indian corn, I am over my difficulties.

In the first place, it is necessary to exercise at first a considerable amount of self-denial to become even a semi-Vegetarian. Animal food is of a more stimulating and

filling nature than the substitutes from the vegetable kingdom, and those who demand that before they give up meat they shall have placed before them something as "appetising" as "our leg of mutton or joint of beef, our suet pudding or rasher of bacon," ask for impossibilities, and might almost as well say at once they will not change their dietetic habits. All that can be reasonably hoped for from Vegetarian fare is that, after a while, it will become sufficiently agreeable and satisfying to be eaten with enjoyment, however it may fall short in the first of those respects of the qualities of fish, flesh, and fowl. This will come after a few weeks or, it may be, days.

Dress, then, wheat for dinner by making its flour into Norfolk, sometimes called barm, dumplings. It ought to be unnecessary to say further about these than that they should in all cases be torn asunder with two forks by the cook to prevent them becoming heavy by their own steam.

My own modification of this is to make the dumplings with whole wheaten meal without barm, or anything else, to raise them. If all the bran be in the flour, if it is kneaded tolerably dry, and, when cooked, immediately torn asunder by the cook, I find no barm needed, and the dumps eat well with potatoes mashed with or without a little milk, &c. Any that remain are good the next day, lightly toasted or broiled.

Oats are best in the form of groats, cooked in the double saucepan or "porridge pot," with once and a half the measure of water which measured the groats; they then turn out a substantial mess.

I prefer barley in the brown meal, such as is made into bread in Wales and in other parts of the kingdom. This by itself is poor, but made into bread (their griddle cakes), half and half with oatmeal, it is excellent, and an improvement on the oatmeal alone.

The double saucepan is the best vessel for cooking rice. About two measures of water are required to one of rice, rather less water than more. Onions or leeks may be previously boiled in the water before it is used for the rice. And if a *quarter* of the liquid be milk, it is certainly an improvement even for eating with vegetables.

Haricots are greatly improved by being cooked in this saucepan; in fact, they are quite a different thing from those boiled ever so slowly in the ordinary way. There should be only water enough to do little more than cook them.

Pease pudding is substantial enough as usually cooked; but I never found haricots or lentils suffice for the mainstay of my dinner. They give no "bite," and I have long ago had to give up the use of them, and peas in the ripe state as well, for the reason stated lately in the *D. R.* by Dr. Allinson—the excessive quantity of nitrogen they contain. They had quite disordered my health. The different preparations of groats and of rice mentioned, I use occasionally; but my mainstay is the Norfolk dumplings. These I eat six days out of seven, with potatoes plain mashed, accompanied by other vegetables.*

My breakfast is brown bread and fresh fruit, the latter generally cooked; that is, when fruit can be had. No sugar. When fruit is scarce I often take at breakfast a vegetable broth, made from boiling the day before any of the varieties of Scotch kale with leeks or onions and a little allspice. Those who have never tasted this will be surprised to find how palatable it is. But Scotch kale is the only member of the cabbage tribe that will serve this purpose. I may add, I have come to prefer all my food cold.

A. B.

* It is better to say that the free use of cheese, when I used it formerly, took away my relish for whole wheaten-meal in any form. But those who, for a similar reason, wish for white flour in bread, &c., are advised to mix a portion of brown with it.—A. B.

HELPS TOWARDS A PLAIN DIETARY.

REFORM in Diet, so far as my experience goes, rests more with the cooks than anyone else. Never since I have been married have I had anything in the shape of flesh prepared in the house for food. And all visitors have expressed themselves perfectly contented and satisfied. I have found these dishes serviceable :—

SCOTCH BARLEY.—Stew in an earthenware jar with parsley and shalots, seasoned with pepper and salt ; stir frequently, and allow to stand till next day ; then cut out with a spoon in pieces large enough to fry ; well flour it on each side, and fry brown ; serve with brown gravy, potatoes, and blue peas. A very useful dish.

GROATS, prepared in the same way, only flavoured with leek and pennyroyal, instead of parsley and shalots, make a most nourishing dish.

FRESH-CHOPPED PARSLEY, mixed with a plain batter and fried in pancakes, served with brown gravy.

POTATOES, three-parts boiled, cut in rather thick slices, dipped in a thick batter made of flour and milk, with a little salt and pepper, and fried brown. A dish liked by everybody. Cauliflower is also very delicious fried in batter.

HARICOTS, cold, make a substantial omelet, with bread crumbs and any seasoning.

A THICK AND NUTRITIOUS SOUP is made with one pint of lentils, one pint of blue peas, one pint of haricots, a lump of salt, two carrots, and one onion fried before being put into the soup ; boiled for three hours the day before. All the materials soaked for one night.

OTHER DISHES.—There is *stewed celery*, or celery boiled, dipped in batter and fried. *Roasted Spanish onions*, served with apple sauce, or stewed with milk. *A few mushrooms*, baked with potatoes, make an excellent pie.

ALL THE RECIPES IN THE WORLD are of no use unless the woman's heart is in the cause. My dear husband would not touch a thing unless I had made it, so I am my own cook ; and unless every mistress of a family does take it in hand, it is hopeless to expect good results from servants, who do not come to our rules, perhaps, with a good heart at first, though I never knew of one dissatisfied after trial.—ELLEN WARD.

THREE STAPLE DISHES.

THOUGH not among the veterans, I venture to send you, in answer to Mr. Manning's appeal, three dishes which I find acceptable to non-Vegetarians, and I think very good ones to begin upon—they are tasty, substantial, and easily prepared : (1) Macaroni and cheese ; (2) Lentil soup ; (3) Stewed whole peas. The first is, of course, more expensive and more trouble to cook and serve than many Vegetarian dishes, but not more so than a joint of meat. The soup and peas can be cooked at any time convenient, and heated up when required. They keep good for several days if boiled up, say every other day.

A recipe for making macaroni was given in the *D. R.* some time ago, which I have proved very good. We can't buy any that we like since we have used it. It makes a good and cheap article with little trouble. Here it is :—

Macaroni.—1lb. flour mixed with two beaten eggs, a little salt, and a very little water, into as stiff a paste as possible. Roll out thin and cut into strips. Dust well over with flour to keep the pieces separate, and dry in a cool oven, greenhouse, or any warm dry place. Dry very gradually.

Macaroni and Cheese.—Put 3oz. of macaroni into about a pint of boiling water and boil for about an hour. Add more water if required. Stir occasionally to prevent sticking. When done, put in enough milk to make it of consistence of a milk pudd-

ing. Pepper and salt to taste. Pour into a pudding dish. Spread over the top 6oz. of American or other cheese, cut in thin slices, and place in a hot oven, or Dutch oven, before the fire to brown over. Eat with brown bread either toasted or plain, or (for children especially) with potatoes and bread. Sufficient for four persons. Cost, 5d.

Stewed Blue Peas.—Wash and pick and throw into boiling water. Boil fast for one and a half to two hours, adding more water if required. Serve with the liquor after seasoning to taste with pepper, salt, and powdered mint. Eat with brown bread or bread and butter and potatoes. Three-quarters of a pint is ample for four persons.

Lentil Soup.—Lentils 1lb., well washed and picked, and boiled fast. Add water as it is absorbed or boiled away. In another saucepan boil $\frac{1}{2}$ lb. of turnips and $\frac{1}{4}$ lb. of onions, with odd pieces of celery, till tender. Pass all through a wire sieve, or vegetables through a colander. Boil up together, with pepper and salt to taste. Butter may be added. Eat with plenty of brown bread, either plain or toasted.

Oatmeal Porridge.—The most convenient way of preparing is, I find, to boil it fast in an ordinary saucepan for a few minutes till it begins to thicken, then turn it into a double saucepan (in the bottom of which the water already boils) to finish or stay till wanted. This takes little time, as when it would otherwise require most attention it wants none by this method.

ELIZABETH WARD.

DISHES, SUBSTANTIAL AND GOOD.

Wheat Pudding, made by kneading wheat-meal, a little baking powder, and water together; boil in a cloth for an hour. Eat one half of the pudding with butter, pepper, and salt, and the other half with treacle, syrup, or preserves.

Tomato Pie.—Layers of tomatoes and bread crumbs, pepper, salt, and little butter, baked. Serve with roasted potatoes, bread, and fruit, or pie is good cold.

Rice and Cheese, done same as macaroni and cheese; followed by bread, with stewed or raw fruit.

Buttered Eggs, with roast potatoes.

Lentils, simply stewed without any addition, and eaten with a little olive oil and vinegar, with bread; followed by fruit, nuts, or pudding.

X.

SCURVY AND ITS PREVENTION.

From a recently-published official document I learn that the number of outbreaks of scurvy reported to the Board of Trade from 1866 to 1881 inclusive amounted to no less than 954, having steadily increased from 19 in 1873 to 90 in 1881. So far as London is concerned, the above facts are borne out by the report of the Seamen's Hospital, Greenwich, which shows an increase in the number of individual cases admitted to that institution for the same period. In communications on the hygienic condition of the mercantile navy which you did me the honour of publishing some years since, I pointed out that to trust to lime juice alone seemed to be much like trusting to a drug for the preservation of health while all the conditions of health are violated. All who have studied the question are agreed—as stated in a letter I received from Professor Busk, F.R.S., formerly consulting surgeon to the Dreadnought—that in the prolonged want of good and sufficiently nutritious diet, and exposure to other depressing influences, such as damp lodging, clothing, &c., neither lime juice nor any other single thing will prevent the inroads of scurvy. Sir Thomas Watson, F.R.S., remarks: "I am far from thinking that lime juice is the only or the best antidote for scurvy. My reading and reflection have led me to believe that potatoes are preferable, as being food also, which lime juice can scarcely be reckoned to

be." Dr. Buzzard, whose essay on scurvy is the most complete in any language, expresses himself in the following terms: "I quite agree that until an obligatory dietary is enforced by legislative enactment we must not expect to see scurvy eradicated. To encourage the idea that any poor dietary scale is sufficient, provided the authorised quantity of lime juice be given, would be baneful in the last degree to the physical well-being of sailors. The imperfect and monotonous diet upon which merchant seamen are too often fed—even though a fair allowance of lime juice may prevent the development of actual scurvy—induces, to my knowledge, the occurrence of boils, whitlows, and a general depression of vital force. And although scurvy essentially depends upon the depreciation of fresh vegetable juices, the period of its occurrence is greatly hurried or retarded according as the general health is influenced by an adequate or a fairly nutritious dietary." With such facts before us, and with the knowledge that scurvy may be infallibly prevented, it is lamentable that the disease should be allowed "to ride rampant through its wild career." An obligatory dietary scale would be the means of eradicating the disease; but since this has been objected to it should, at least, be made compulsory on shipowners to provide for their ships' companies a *supply of potatoes*, the privation of which is admitted to be the *fons et origo mali*. It has been shown most satisfactorily that the liability to scurvy has a strict relation to the amount of succulent vegetables consumed. Wherever the disease has prevailed, there the diet, though often abundant in other respects, has contained no potatoes, or only a very small quantity. Lime juice, though a most useful reserve against emergency, is in good ships not considered a necessary article of daily food. American merchantmen rather despise the resource, and rely upon good diet for the non-appearance of the disease. Hence in the American merchant service scurvy is rarely or never met with.—W. DOMETT-STONE, M.D., in the *Times*.

"THE BODY IN RELATION TO THE MIND."*

"A STRICT regard to the choice of food and drink is certainly among the most direct means conducive to purity of blood, and therefore the *regulation of the appetite is among the chief of our daily duties, and the due management of the stomach* a large part of morality, for, as Abernethy says, 'I tell you honestly what is the cause of the complicated madness of the human race; it is their gormandising and stuffing and stimulating the digestive organs to excess, thereby producing nervous disorder and irritation' "—pp. 283-4.

"St. Anthony lived to the age of 105 years, and St. Paphinus to 90, on dry bread and water; St. Paul the Hermit arrived at the extreme age of 159 on dates alone. We cannot test these and similar cases by weight and measure, as Liebig would desire, yet we cannot doubt their general truth, since all evidence assures us that the secret of longevity is to be found in sustaining the vital functions in healthy action with the least stimulus"—pp. 291-2.

"Byron was at one period of his life epileptic, but he subdued the malady by extreme abstinence, frequently taking only vinegar and potatoes as his dinner"—p. 316.

"It is no doubt true that the constant use of animal food ill qualifies the mind for literary application, since it produces blood which is very readily converted into muscle, and which therefore stimulates the brain to the desire of bodily action. Hence, those who live by the chase alone have vast delight in it, and are peculiarly

* From "The Use of the Body in Relation to the Mind." By George Moore, M.D., Member of the Royal College of Physicians, &c., &c. 1845.

indisposed for studious occupation ; they become ill-tempered unless their blood be reduced by violent exercise. We can scarcely imagine a philosopher living on horse-flesh like a Tartar, or on buffalo meat, like a Red Indian ; and it is a fact that these tribes appear incapable of civilisation until they acquire the habit of using a less stimulating diet, and begin to *cultivate the fruits of the earth for their own use*. The effect is not due merely to quieter objects thus suggested to their minds, as might be imagined, but really to the state of their blood. The difference in the success of Christian missionaries among such people, and among those whose chief sustenance is farinaceous, is very striking and worthy of especial notice. In the East and in Polynesia literature and Christian doctrines are seized on with avidity ; but in vain were the most earnest labours of the best men to introduce [reading and writing amongst the American Indians, until they had first been taught to grow corn and to eat bread"—p. 304.

GENERAL TIMOTHY RUGGLES.

THE past history of the various towns and districts of the United States is being industriously investigated and recorded by a race of scholars who seem to have ceaseless energy and a keen enjoyment of these byways of history. During the present year a *History of Hardwick, Massachusetts*, with a genealogical register, by Lucius R. Paige, has been published at Boston by Houghton, Mifflin, and Co. In this work Dr. Paige narrates with affectionate reverence the character and services of Timothy Ruggles, of Hardwick, who was a forerunner of the Vegetarian Society. "As colonel and as brigadier-general in the French war, as Representative and as Speaker of the House, as President of the Congress at New York, and as Chief Justice of the Court of Common Pleas, he was equal to his position and adorned it." In Hardwick he was looked upon as a public benefactor, and rightly, for his influence "contributed more than any other person to the agricultural prosperity of the town, by improved methods of tillage, the introduction of choice breeds of cattle and horses, and the culture of engrafted fruits." He is said to have kept thirty horses, remarkable for their size and beauty, a deer-park of twenty acres, and a pack of hounds for the amusement of his friends. John Adams wrote of him : "Ruggles's grandeur consists in the quickness of his apprehension, the steadiness of his attention, the boldness and strength of his thoughts and expressions, his strict honour, conscious superiority, contempt of meanness, &c. People approach him with dread and terror."

It seems to have been generally admitted that he had no superior in the province, and that, had he attached himself to the popular side, he would have been one of the foremost characters of the Revolution. But he was a loyalist, and steadily adhered to the measures which the British Ministry were forcing upon the unwilling people. "He had eaten the King's bread, and he would not lift up his heel against him ; he had repeatedly sworn allegiance, and he would not violate his oath." His property in Hardwick was confiscated, and, refusing to take up arms on either side, he retired to Nova Scotia, "sat himself down in the wilderness, and began to cultivate a new farm, which he carried on with wonderful perseverance and success." In the act of September, 1778, forbidding the return of refugees (without permission) "on pain of death without benefit of clergy," his name stands almost at the head of the list. "For much the greatest part of his life General Ruggles ate no animal food and drank no spirituous or fermented liquors, small beer excepted, and enjoyed to his advanced age almost uninterrupted health." He died in Wilmot, N.S., August 4, 1795, in the eighty-fourth year of his age.—W. E. A. A.

P E T R A R C H . *

"I OFTEN content myself with the brown bread of my old fisherman, and even eat it with pleasure ; and when I am served with white, I almost always return it. This old fisherman, who is as hard as iron, earnestly remonstrates against my manner of life, says it is too hardy, and assures me I cannot long hold out. I am, on the contrary, convinced that it is more easy to accustom one's self to a plain diet than to the luxuries of a feast. Figs, raisins, nuts, and almonds—these are my delicacies."

"In all these various methods the plague took some and left others. No remedy succeeded. The physicians understood nothing about it, and, which is most astonishing, they acknowledged they did not."

"The most vulgar peasant is qualified for my kitchen. I prefer the most simple meats, prepared without art or labour. I think, with Epicurus, that no cheer is more delicious than the fruits and herbs of my garden. I always approved a taste conformable to nature."

"Holy father (*i.e.*, Pope Clement VI.), I shudder at the account of your fever. . . . I tremble to see your bed always surrounded by physicians, who are never agreed because it would be a reproach for the second to think as the first, and only repeat what he had said before. . . . We see in this profession what we see in no other. We confide at once in those who call themselves physicians, though there is nothing so dangerous as a mistake in this matter ; but a flattering hope hides the danger, and there is no law for the punishment of extreme ignorance, no example of revenge. Physicians learn their trade at our expense. By the means of killing they become perfect in the art of curing, and they alone are permitted to murder with impunity. Holy father, consider as your enemies the crowd of physicians that beset you. It is in our age we behold verified the prediction of old Cato, who announced that corruption would be general when the Greeks should have transmitted the sciences, and above all the art of physic. Whole nations have done without this art, and were, perhaps, much better and lived longer than we do. The Roman Republic, according unto Pliny, was without physicians for 600 years, and was never in a more flourishing state. . . . To avoid the reproaches your physicians might cast on me, I have uttered nothing which is not drawn from Pliny, who has said more of this profession than of any other."

"One of his friends, who had been the innocent cause of these emotions, said to him, 'You are very hardy to attack the physicians. Do not you, then, fear the maladies for which they must be consulted ?' 'I am not immortal,' replied Petrarch ; 'but should these disorders attack me, I expect nothing from their skill,'"

"To Lombard de Serico he (*i.e.*, Petrarch) bequeaths a goblet of silver gilt, which he made use of to drink water in, 'more agreeable to me,' says he, 'than wine.'"

"After many altercations the physicians (who came to him from all the cities in Italy) agreed he could not live over midnight, unless he was prevented sleeping, and that by taking something for that purpose he might hold out till morning. No regard was paid to what the physicians said, for he had expressly commanded his friends and servants to do nothing they desired, but rather the contrary. This saved his life, and he slept in the most tranquil manner. The next morning, when the physicians reappeared to behold the accomplishment of their predictions, what was their astonishment when they found the man who should have died at midnight not only alive, but even writing ! They contented themselves with saying, 'Petrarch is not like other men !' "

* Life of Petrarch. By Mrs. Dobson. 2 vols., 3rd edition, 1797.

"Petrarch languished all the summer. John de Dondi, his physician, or rather his friend, for he would have no physician, wrote to him that he had discovered the true cause of his disease, and that it arose from eating fruit, drinking water, and from his frequent fastings. He besought him to alter his diet if he wished to live, and to abstain from all salted things, and raw fruits or herbs. 'If you will not believe your physicians,' says he, 'believe experience, and reflect how much you have suffered this year for not following their advice.' Petrarch easily renounced salt provision, but 'as to fruit,' says he, 'which all the physicians look upon as they do hemlock and aconite, nature must have been a very unnatural mother to give us such agreeable food, of such delightful hue and fragrance, only to seduce them with poison covered over with honey.'"

THE BEST NATIONAL DEFENCE—FROM WITHIN!

AN important paper, by Captain Bedford Pim, R.N., has been read before the London Association of Engineers, at its recent meeting in July. We find the report in the *Foreman Engineer and Draftsman* for August. (Price 3d. London Office: 160, Fleet Street.) The subject of Captain Pim's paper is the sufficiency, or otherwise, of the strength of the English navy "to protect the vast interests of the British Empire." It is England's duty, indeed, it is her necessity, in the opinion of Captain Pim, to retain, at all hazards, our traditional "sovereignty of the seas," and he proceeds to give reasons for this plea. This command of the seas, he contends, we asserted at the Battle of Trafalgar in 1805. If important to England then, Captain Pim reasons, what must it be now, "when the population has increased threefold, so that our people have to depend upon a sea-borne supply of provisions to the extent of two-thirds of the demand." In other words, Captain Pim goes on to contend, our country can only supply herself with "one-third of the mere necessaries of life." Starting from this assumption, Captain Pim goes on to plead in favour of the enlargement of our naval armaments, and other means of defence by sea. But, after all, is not the best means of defence one of self-protection? and would it not be wise on the part of all who agree with Captain Pim to adopt and to encourage methods of culture of the land, and a more rational dietary of the people, by which the land of this country can easily feed twice its present population? There is, indeed, grave cause for alarm in the vision—no doubt a sufficiently accurate one—of "never more than two months' provisions in this tight little island!"

It may be urged, from these premises, reasonably enough, that "in the event of war, with the ocean-borne food supply cut off, or even disorganised by an enemy, it would only be a question of days before that enemy could dictate his own terms." Nor is the case improved when the learned writer suggests that the "great English nation," as must naturally be in so far as it is a flesh-eating nation, "is less able to withstand the pangs of hunger than any other nationality." Quite recently the *Globe* referred to a "Russian fleet of eleven war vessels," seen in the Atlantic, which, "in the event of war, would assuredly paralyse the grain trade of this country, and disorganise our food supply." Captain Pim adds that in the year 1877, about "one million tons of grain were shipped at San Francisco to England," and he proceeds to describe the inevitable commotion in Mark Lane on the day following the announcement of "the capture of only one of these grain ships by an enemy's cruiser." "What," he asks, "do you think would be the price of bread next morning?" Such a state of things, he regards as "appalling to the stoutest heart." Moreover, the condition of England, in another respect, is alarming enough. Unhappily, we cannot

be rivalled in Europe "in the mass of wretchedness and crime which eats like a cancer into the national life." We have, Captain Pim estimates, something like four millions, or one-tenth of our population, who are either paupers, on the verge of pauperism, "criminals, habitual drunkards, lunatics, diseased, and decrepit,"—in short, equal to a large State peopled by those whom an old seaman like Captain Pim very justly regards as "useless, or worse than useless to the community." Supposing the cost of maintaining this "mass of wretchedness and vice" to be only sixpence a day per member, here is a charge to the nation, which Captain Pim calculates at nearly forty millions per year. What would become of these "poorer brethren" of ours with provisions at famine prices? No wonder at such a colossal incubus being regarded as one which "must bring to the ground any nation, no matter how wealthy or how powerful."

Hence the pertinence of the effort on the part of Captain Pim "to bring home to our minds the grave responsibilities resting on our shoulders, and the vital importance of safe-guarding our food supply." Of this "importance" we have again and again written. How so grave a peril should be so seriously disregarded on the part of persons with any pretensions to statesmanship is difficult to interpret. Only think of the millions of acres of good land in England now under pasture, with a view to the supply of the butcher, or devoted to the produce of barley, which is to be destroyed by the maltster. This is a riddle which, in the day of our calamity, would be speedily asked. Nor must the cruelty of this system on the tens of thousands who look for labour, prove a less serious consideration than that of the millions who require food.

True, all this refers to the time of war, and we, for our part, do not wish to go to war. But Captain Bedford Pim is, nevertheless, doing truly patriotic work in calling the attention of engineers, and, indeed, of every intelligent politician, to a problem so vast, a danger so terrible, which cannot be said to claim notice any the less because the remedy, as we have again and again shown in these pages, is so easy of application and so certain in its operation. The wise culture of the land, the increased settlement upon it of our unemployed thousands, and the immediate, almost indefinite increase and multiplication of our home supply of food, can be brought about—and can only be brought about—together. It is very well to pride ourselves about our coast defences, but, as Captain Pim properly asks, "What is the use of defending the coast of an island from which the necessities of life have been cut off?" Little as we are concerned with ironclads, and their adequacy or otherwise to the task of "preventing an enemy's vessels from preying upon our food supply," we suppose that few English taxpayers, whether lovers of "our wooden walls" or not, will hear with entire unconcern from a seaman of so high an authority as Captain Pim, of the "general worthlessness of the royal navy," maintained at so enormous a cost, or the statement which Captain Pim makes that "the nation does not possess one single cruiser capable of taking under convoy a fleet of grain-laden merchant ships from San Francisco to Plymouth." Heartily indeed do we echo the words with which the captain concluded his paper—that "were the three corners of the world in arms—

Nought shall make us rue
If England to herself do rest but true."

R. BAILEY WALKER, F.S.S., in the *Co-operative News*.

"The *Dietetic Reformer* for July is one of the best numbers ever issued—full of interesting and valuable matter."—*Herald of Health* (Dr. Nichols').

Correspondence.*

"DEVONSHIRE JUNKET" is so light and easily made a preparation to eat with fruit in summer that a substitute for "essence of rennet" will be welcome. To make ordinary junket, set a quart of milk in a bowl or glass, to get very slightly warm near the fire, add to it sugar, if liked, also flavouring, and a teaspoonful of "essence." It will soon set, and be ready to cool for serving.—M. H.

"I HAVE believed in Vegetarian principles all my life, but feared it would entail much trouble to carry them out. After hearing Dr. Nichols' lecture in Newcastle I determined to try it, and find it occasions very little, if any, extra trouble. I have long been subject to very severe headaches, occurring at least once a week, but after about a month of Vegetarianism, coupled with a smaller quantity of food, leaving off supper, and taking a daily towel bath, I have never had a headache."—J. N., Jarrow.

MR. KYNASTON'S NEW CULTURE.—The results are equally surprising and encouraging; in fact, are simply marvellous. And though I had formed the idea that in this *almost absolute sand* it was unworthy the expense or the trouble to attempt gardening in any form, I am now so forcibly convinced to the contrary that I propose making an attempt after Mr. Kynaston's directions; but, if in this *sand*, these results may be attained, what might not be done in ordinary soil under Mr. Kynaston's instructions? —ED. HINKLEY, Southport.

DONE, WITHOUT BOILING.—Cooking, say some, does certain injury to food, breaks down its tissue, destroys its vitality, prevents its needed mastication and insalivation. *Milk boiled is milk spoiled.* Milk should be brought to the boil and then taken off; so with eggs, so with fruit. Boiled fruit is very inferior to ripe raw fruit. Mrs. Rennie, of Woodbank Cottage, Rivelin Street, Sheffield, does fruit beautifully *without boiling*. It is simply stewed at a high temperature, not boiled—being just put into the oven overnight, with sufficient sugar to render it agreeable. Some gooseberries I have tasted done on this plan seemed far superior to that done by the old method. The mischief of boiling, and the injurious saturation with sugar are alike avoided. I find that your correspondent "Dora" has adopted this method of preparing fruit.—KARL.

TRAINING ON VEGETARIAN DIET.—It is often asked by those who go in for athletics whether a Vegetarian diet can be relied on as sufficiently sustaining. It gives me great pleasure to send you my experience* in rowing on Vegetarian diet. My date of transition from flesh eating to Vegetarianism is just three years and a half ago. I became a Vegetarian in February, and joined our rowing club in the summer of the same year. The idea throughout the club was that I should not be able to stand the training on the new diet. However, I managed to pull off with another the prize for junior pairs, which was the most exciting race of the day. The next year, *i.e.*, last year, I made one of the crew to represent the club at the regattas. Circumstances permitted our only attending two regattas, one of which we carried off first prize, we met with an accident at the other which threw us out of the race before starting. This year I was chosen as stroke of a four-oared for our regatta. We came in second, but in the skiff race for junior scullers I beat the others by several lengths, and ran second in the canoe race, though my canoe was much inferior to the first man's in build. I have been a total abstainer for life. Tea and coffee I never touch, cocoa I take occasionally, my chief articles for training on being whole-meal bread, beans and peas, with little potato and cabbage, but plenty of fruit, which keeps thirst away. AUGUSTINE HONEY, 193, High Street, Exeter.

* The Vegetarian Society does not hold itself responsible for opinions of individual correspondents.

ALARMING RECIPES !—I agree with “W. J. M.” that recipes should be discontinued in the *D. R.*,—or, I should rather say, until you have an editor who is also a cook. Many recipes appear that can only set experienced cooks laughing, and inexperienced ones astray. The construction of a sound and intelligible recipe is a little work of art. Mr. Saxby’s dinners for a week in the August number contain several culinary atrocities. Think of the following under Friday : “Place a little pudding—currant or raisin, in a savoury pie, and bake it along with onions and potatoes !” If any one thought it worth while to make game of us, the sport would be easy out of such like recipes. Excuse my plain speaking, for my interest and good wishes are unabated. Mind, I do not disapprove of recipes, but it seems to me we shall only prevail in so far as we cook better than our rivals ; and therefore it is that I feel savage when I see our cookery made ridiculous by those who have no notion of cookery.—W. W.

“THE PERFECT WAY” SYMBOLISED.—Could not Dr. Anna Kingsford’s book, “The Perfect Way in Diet,” suggest for us a badge or symbol ? Vegetarians are distinctively seekers after perfection. They hold that the pure diet is best for man’s health—bodily, mentally, morally, spiritually. Now, for ages the two symbols of perfection have been the sphere and the square, or cube, the sphere being the symbol of subjective perfection, and the cube the symbol of objective perfection. My suggestion, therefore, is the compound symbol of a plain sphere set on a plain cube. This is a shape that would be suitable for any material—glass, china, wood, up to gold. In certain articles it would be sufficient to give only a section of the cube, where a complete cube would be inconvenient. On the face, and indeed on all the sides of the cube, there would be ample room for ornament or inscription, which might vary according to individual taste, as, for instance, “V.S.” in the four corners, or “The perfect Way” (a biblical phrase) round the sphere.—G. B. S. W.

THE WORD “MEAT” in our translation of the Bible does not necessarily imply *flesh*. Our common phrase *sweetmeat* retains the old sense. The “*meat* offering” was opposed to the *burnt* offering (of flesh), and might consist of corn, wine, and honey. It is remarkable that the word *lahhm*, which in ancient Hebrew meant bread, in modern Arabic means flesh. Such appears the tendency. The words King’s *Meat* is *Path-Bag*. I think it rather Chaldee than Hebrew. In Gesenius’s Dictionary, *Path* is rendered “a piece, crumb, morsel (of bread),” and in Arabic I know the corresponding element to mean *a crumb*. *Bāg* is explained by Gesenius as “probably food.” He also has *Pathbag*, *costly* food, delicacies (from the royal table) ; but that, I think, is his own inference from its being an allowance. Baxtorf, an older but highly esteemed authority, has simply “*Path-bag*, a portion of *food*.” His further remarks give no hint of flesh ; nor do I suppose that any argument for it can be sustained from the mere word *bag*. Simons’s Lexicon also renders *Bag* simply “*food*.” Historically, I know no reason to believe that the kings of Babylon were *Vegetarians*. It might be a triumph to us Vegetarians, if we could prove that they were. It would seem that in Vegetarianism there was some tendency to elevate a race to power. My own judgment is with the popular interpretation, that the kings of Babylon, like those of Europe, had luxurious dishes of flesh, and vegetable, and fruit, *without any distinction of flesh, clean or unclean, lawful or unlawful, to a Hebrew* ; and that Daniel, to avoid *unlawful* food, had no choice but to abstain from flesh entirely. On the Rev. Mr. ———’s interpretation, I do not see what motive Daniel had for refusing the king’s meat. But I do not see that you can wisely lay any stress on the word *Bāg*. Nor do I think it wise to appeal to the Bible at all. Gentile Christianity did not forbid flesh food, but on the contrary swept away Jewish repugnances.—F. W. NEWMAN.

OUR RECIPES.—I think some of them excellent ; but, as an old cook, allow me to give a hint or two that may, if acted upon, improve some of the recipes for soups. It is my experience that all soups (except white ones) are improved both in flavour and colour by frying all the vegetables before putting them into the soups ; and the best way of cooking vegetables, so as to preserve their juices and fine flavour, is to put them into copper shapes (tin will do), with close-fitting lids ; put *no* water in the shapes, but have a large vessel (a fish-kettle answers admirably) full of boiling water, and in it let the shapes with the vegetables remain for hours. The flavour of cabbages cooked so is very fine, but the colour is injured. Potatoes so cooked are perfection. It is also a good way for stewing fresh fruit. An earthen teapot is an admirable vessel for that purpose, as through the spout (which must be corked whilst the fruit is cooking) much juice can be poured off, which, mixed with a little sugar and milk, makes a delicious beverage. Sweeten the remaining fruit, mix with batter, and fry in oil. Serve with sifted sugar over the surface,—B. R. R.

FROM HARTFORD, CONN., U.S.—There is as much need of reform in the dietetic habits of the people in this as in your country. There is, perhaps, no country where the means of indulging the appetite for food are more easily procured than here, and, of course, the appetite *is* indulged. I am not aware that we have in this country any Vegetarian societies, yet there are a few persons who individually practise it. During the later period of my life, being now 84, my reading, observation, and experience have led me to become theoretically a Vegetarian, independently of considerations of cheapness, and simply in regard to the promotion of health. There is scarcely any person here who believes that a labouring man can be well sustained without a free use of flesh-meat. While I advocate, privately, a vegetable diet, either exclusively or nearly so, I do not lose sight of the fact that vegetable eaters are liable to, and do commit grave errors by, excessive alimentation. Doctor Graham said that more injury to health was committed by excess in eating than by excess in drinking. But the danger of overeating is not overcome by the exclusive use of vegetable food, but may thereby be increased, inasmuch as the same quantity of vegetable food contains much more nutriment than meat. There is also in this country, and, so far as I can judge by reading your magazine, somewhat in your country, much abuse in the manner of preparing vegetable dishes for the table. Vegetarians make a pretty free use of butter and spices and mixed dishes. We (I speak now of the practice in our own family) endeavour to live simply and plainly. We sometimes use a little pastry, but it is prepared plainly, using no lard, and what we call a biscuit crust, made with unbolted wheatmeal as you would make a biscuit dough, roll it out very thin, otherwise in rising it would be too thick. We use no spices. We make a free use of good ripe fruits in their seasons, and mostly in their natural condition, but cook apples and some other fruits, and can a few of them. We have a fine country for fruits. The apple, the most valuable of all, thrives well ; with a little care we can have them, in their numerous varieties, in their natural condition nearly or quite the whole year. We use no tea nor coffee ; these are bad enough in their natural state, and are extensively adulterated. We use instead, after the meal is finished, wheaten coffee. See my little pamphlet "How to Preserve Health and How to Get Rich," for this and other matters. My son, Col. Judd, dined last year at the Apple Tree Restaurant, London, and from the bill of fare I infer that some effort is made to prepare *palatable* dishes. We must try and learn that a person living only on a plain, *simple* diet will enjoy better health, have a better appetite, and that our appetites can, in a little time and in that mode, be educated to relish the plain and simple food even better than the epicure does his rich and luxurious dishes.—J. F. JUDD.

THE BROWN BREAD sold by bakers never will become popular so long as it is only a mixture of flour and bran. Unless wheatmeal is made from English wheat alone, the public will never like the flavour of brown bread. If people could be induced to eat none other than brown bread we should soon have a fine, large-boned race of men, and also very different looking children.—R. M. SCOTT.

CURRIE.—I do not remember any notice of this article. I used to abhor it, because it was always presented to me in excess. The late Miss Mary Carpenter, of Bristol, taught me its value, by setting before me a dish of haricot beans, slightly flavoured with currie. I had always before disliked haricots as mawkish. I now find currie (in very small quantity) excellent both with haricots and lentils. Also, whenever I want to convert a flesh-eater, I find it important to mix a little mushroom ketchup with the curried lentils.—F. W. N.

A WELCOME RECRUIT.—Why should I not become a member of your Society? So far as I understand its principles, I live strictly in accordance with them, eating neither fish, flesh, nor fowl, avoiding suet, lard, gravies, tea, coffee, cocoa, &c. At first I did this just for a trial, thinking I could please myself as to what I used; but now I do it from a conviction of duty, believing that if I were to eat animal food I should be guilty of wilful wrong-doing. There are several reasons for this. First, I enjoy very much improved health, and consequently can do my work more satisfactorily. Secondly, I have greater pleasure in taking my food, knowing that it is pure and clean. Thirdly, it has been the means of giving me lessons in self-denial. I had the greatest difficulty in leaving off supper, which had been the best meal of the day to me. Now I have gained the mastery, and can watch the others making this mistake without myself giving way to the desire. I never ate extravagantly, but now less than ever. I do not remember ever being really ill, though I have always been delicate, frequently taking cold, and regularly visited with severe headaches. For years I suffered much from indigestion; now I am strong and well, and have said "good-bye" to headaches and ailments. I believe that three-fourths of the suffering we endure might be avoided by attention to diet, air, and exercise. My food consists of rice, Food of Health, peas, beans, brown bread, and fruit.—J. N., Jarrow.

GERMAN PEAS.—I wish to call the attention of readers to the value of German peas. Our nursery gardeners, apparently, will not raise them, from fear of the public ignorance rejecting them. Not Vegetarians only like, in their season and proportion, French beans and scarlet beans. German peas (of which you eat the pod as well as the seeds) are, in my opinion, *nicer* than French beans; but if anyone expect the *same* taste exactly, he will be disappointed, just as between butter and oil. A friend gave me seed of German peas full nine years ago. I cultivated them in my own little garden, and gave seed away to a gardener, but could not succeed in getting him to raise them for the market. We found them very nice; I saved seed each year, for perhaps three years, but my small space became blocked up with thriving shrubs and flowers. I left off sowing, and had almost forgotten about it, when a fortnight ago a friend sent me a grand bagful of the peas, telling me they were all from seed which I had given him years ago. The pods were larger than I had ever seen. I think his gardener had been liberal with manure. My wife was not elated at their size, fearing that they had been left too long, and would be tough. I believe she was right, for the peas inside (immensely numerous) were somewhat less tender than they ought to have been. But the pods were free from this remark. I enjoyed them all, pods and peas, for four successive days. If a dozen Vegetarians press the nurserymen for this pea (well known in France by the name Mange Tout), it seems certain that the market will be supplied with them.—F. W. N.

TINNED FRUITS.—I am in my first month in the practice of Vegetarianism, and fruit has been a large item in my daily diet; but the best fresh fruit realises a very high price, so high as practically to be prohibitive to an artizan like myself. Under these circumstances, I have had recourse to tinned fruits, which I always find of good quality, and moderate in price. But I have been warned by a scientific friend that these tinned fruits are rendered poisonous by the presence in them of the salts of tin. This is a serious matter, the truth of which I should be glad to be able to determine.—**AN ARTIZAN, Birmingham.** [Your friend is right in thus cautioning you. The only safety is to use jars for potting fruits of all kinds, as commended by Mr. Jackson, of Whaley Bridge, and others.—Eds. *D. R.*]

THE MODEL DIETARY.—Our readers must be anxious to know what is being done in the above. Only about twenty replies came in, most of them with very valuable receipts and hints. We have taken counsel of our London friends. Mr. Reid, of "The Garden" restaurant, sent a capital practical critique of the recipes received, but he does not think in their present shape they serve the purpose required. Most of them have already appeared in our pages. A committee of ladies is considering the subject, and, with the co-operation of Mr. Reid and Mr. Manning, we hope to issue a leaflet shortly, giving a variety of dietaries as regards the chief requirements for nourishment, referring to the existing cookery books for actual recipes in most cases. Can any of our lady friends inform us which are their "favourite recipes" in actual every-day use, or favour us with any practical hints within a week or two? To quote a passage from the letter of our excellent friend Mr. Reid, "he who undertakes the task and does it properly will have the best of all rewards, namely, the conscious conviction that he has been a *benefactor to his race*." Will any friends contribute a few *plain* substantial dishes for the working class? And others may be willing to name the most tempting foods for the middle classes to *substitute* for *fish, joint, and game*—a reference to the number of page in our well-known cookery book will suffice—bearing in mind that those who give up meat nearly always, to *commence* at least, fancy they want the most generous and liberal diet to wean them from their former *stimulating* foods.—**W. S. MANNING, Bexley Heath.**

Home.

LONDON.—At the Crystal Palace fête on 10th July, the Danielites distributed over 8,000 Vegetarian tracts and leaflets, including a large number of the new edition of "The Bible on Diet." Open-air meetings were also held in the grounds.

GLASGOW.—We are glad to hear that Mr. Williams' valuable book, the "Ethics of Diet," has been presented, by help of our Scottish friends, to the Mitchell Library, Stirling's, and Public Library, Philosophical Library, all of Glasgow, and to the Central Library—a private circulating library—Hamilton.

BIRMINGHAM.—The usual public monthly meeting of the Birmingham Vegetarian Society was held on 25th July, at the Garden Restaurant, Paradise Street. Mr. George Trobridge was in the chair, and Mr. W. Jones read a paper on "Vegetarianism Critically Considered." He advanced, in an able manner, numerous arguments against Vegetarianism, having particular reference to physiology and chemistry, the population question, and fish supply. Mr. J. Trobridge replied at considerable length to the arguments brought forward by Mr. Jones, and a long and animated debate followed. The meeting was adjourned until 29th August.—*Daily Post*.

HULL.—We are pleased to find that a copy of the "Ethics of Diet" has been presented to the Hull Subscription Library by Mr. C. F. Corlass.

BELFAST.—On 8th August, a debate on Vegetarianism was held at 29, High Street, Mr. Kinnear presiding. Mr. Herron opened the debate in favour. With all the boasted enlightenment of the nineteenth century, he said men had not yet learned to control their appetites. He defined a Vegetarian as a person living on fruits, cereals, and vegetables, and who abjures for food all that can walk, breathe, or feel. He took up the physiological aspect, showing that the small blunt teeth of a man, his delicate hands and feet, unfurnished with murderous claws, and his slim figure, unfitted him to be a carnivorous animal; that man was not intended to be a scavenger animal; that he differed widely in his structure from a hyena, wolf, jackal, pig, vulture, or crow, the natural scavengers, without which, in the present state of society, it would be difficult for man to inhabit the earth; that man was created by God in His own image, and is the only created animal who disobeys the laws of nature. He also took up the political, the social, and the economic aspects, and showed that the adoption of Vegetarianism by the nation would gradually do away with drunkenness, the tobacco habit, the social evil, vaccination, and vivisection; that flesh-eating is the root from which these and other evils spring, and that Vegetarianism is the basis of all reform. He concluded by asking those present to give the system a fair trial. Mr. Hugh Orr ably replied to the objections made to a Vegetarian diet. One gentleman present stated that he did not intend to eat any more flesh. Some literature was distributed, and an animated discussion resulted.

General.

According to advices from Des Moines, July 7, the assessors' returns show a decrease in the number of swine in Iowa this year from last of 180,000.

According to the *Manchester City News* Mr. R. Bailey Walker is "entering the lists of the novelists," with a story called "The Lawson Arms," the first instalment of which appears in the *Co-operative News* of 25th August.

LARD CHEESE.—The *Provisioner* is "informed that Europe will no longer depend upon America for a supply of lard cheese, as a factory for producing this article, four times as large as any similar factory in the United States, has just been built in Denmark."

THE EDITOR of the *American Dairy*, who has seen cattle at sea, says he wonders "how any of the unfortunate beasts could survive the hardships and exposure of a deck passage across the stormy Atlantic," and takes the humane ground that the ocean transport of live beef stock "should be prohibited under any circumstances."

We are pleased to receive another story from the facile and genial pen of Mr. T. H. Evans. It is entitled "Dora Day's Deception; or, an Angel in Disguise," a temperance tale of 40 pages (337, Strand, price 3d.), with several illustrations. It is well printed in excellent type, and promises to keep up the reputation of the author's previous work.

"A TALK WITH OUR BOYS ABOUT TOBACCO," of which we see a fourth edition has been issued by Partridge and Co., of London, and the Anti-Narcotic League, 56, Peter Street, Manchester, is a really serviceable little book, with a most exemplary purpose. The "Talk" covers twenty tiny pages, price one halfpenny, just the thing for enclosing in an envelope to a sensible boy.

Some good propagandist work has been done in one or two cases at theological colleges. Last year we heard of a request for a Vegetarian table from ten students of the Congregational Institute at Bristol. Can anyone inform us how this experiment succeeds?

There is an ingenious anti-Vegetarian novelette in *Harper's Magazine*, entitled "Best Laid Schemes;" but the authoress surely need not have exaggerated Vegetarianism into an exclusion of milk and butter, as well as black-puddings and meat, or have given one of her characters a "feeling that to break an egg is the murder of an innocent." She has made her case strong enough, and her sketch amusing enough, to afford to do without that and other exaggerations.—*The Caterer*.

Dr. SPENCER COBBOLD, F.R.S., the foremost authority among English men of science on the subject of "parasites," has issued a fourteenth edition of his instructive book on "Tapeworms: their Sources, Varieties, and Treatment" (Longmans, Green, and Co., 1883). The remedy prescribed is male fern extract, preceded and followed by fluid dietary, and the usual aperient medicines. We advise, of course, strict abstinence from animal food, to prevent a return of the parasite, which is exceedingly difficult to exterminate.

HANDBOOKS FOR YOUNG STUDENTS.—Mr. Ed. J. Baillie, of Chester, writes to call attention to a series of cheap popular handbooks, published at one penny each, and dealing with British birds, flowering plants, shells, beetles, butterflies, &c. The authors are gentlemen connected with the British Museum, South Kensington, and the series is published under the title of "The Young Collector's Handbooks." When complete it will form a valuable addition to the library of even older students, as some information is given which can hardly be gathered from ordinary text books.

A remarkable feature has been instituted by Mr. R. E. Turnbull, of Toyers Wood, near Hull. He lets out cows to labourers at a charge of about 25 per cent of their value, paid in advance. In seven years he has thus let out 150 cows, and the system is much to the advantage of the labourer, who gladly avails himself of it. Taking the hire at £5, and estimating the cost of keep at £13 10s. and the yield at £28 10s., it will be seen that £10 is made as profit, in addition to the skim milk for the family. By rearing a calf a poor man is thus enabled to obtain a cow for himself at a minimum cost.

The Free Library movement in Bath has been unfortunate. Two or three years ago a vote of the citizens refused a library of nine thousand volumes, and commodious freehold premises adapted for a library of 100,000 volumes, which were offered as a gift to the city on condition that the inhabitants would pay a halfpenny rate to support it. Of the books that constituted the library referred to—the Bath Public Library—two thousand had been presented by Mr. Isaac Pitman. When this collection was dissolved, some of the books were returned to their donors and the rest were sold to pay liabilities which had been incurred. In one way and another Mr. Pitman has increased his own collection to 6,500 volumes, and these he wishes to present to the Free Libraries of Great Britain and Ireland at the rate of fifty volumes to each. Some libraries have already been supplied. Birmingham, whose first library was destroyed by fire, has received five hundred volumes, in sets of periodicals. Mr. Pitman furnishes a catalogue of nearly three thousand of the principal volumes, and is desirous of receiving requests for copies. This generous and noble offer should be eagerly laid hold of. Young men's libraries and all who lend books freely to readers are at liberty to apply to the Phonetic Institute, Bath.

"EMERSON AS A POET," by Joel Benton, is one of the latest issues from the fertile press of M. L. Holbrook and Co., New York, 1883, whose name is on the title page as publisher. The volume is one of great interest, beautiful finish, and attractive literary style. An Emerson concordance is added by way of appendix, being a partial index to familiar passages in his poems.

A Devonshire lady has been sending out copies of "Outdoor Fruit," and is trying to start "an adequate fruit garden, which should supply all Torquay, &c., which is at present supplied (miserably) from Exeter." She has also sent copies to two gentlemen of Plymouth, to see if they can start such a garden there, and to one or two gardeners. There should be such a fruit garden, on Mr. Kynaston's system, she thinks, for every town, and why not for every school?

WHEATMEAL.—We have received from Mr. R. M. Scott, of Great Barton Flour Mills, Bury St. Edmunds, samples of wheatmeal for examination. We find the meal pure, well ground, and of fine quality. It makes a wholesome bread, of good colour and texture, and excellent flavour. The sample appears to be of the best English-grown wheat, and the bread we have made from it is certainly superior to the whole-meal bread commonly supplied by the bakers of Manchester and elsewhere.

INSTRUCTIVE SENTENCES.—A Birmingham butcher has been sentenced to two months' imprisonment, with hard labour, in default of paying a fine of £20 and costs, for having in his possession a quantity of pickled diseased meat, part of which was in preparation for mushroom ketchup and different condiments. Another person, described as "a well-to-do butcher," has been sent to gaol, with hard labour for three months, without the option of a fine, for exposing for sale for human food various pieces of pork, from a beast or beasts which had died from swine fever. The magistrates regretted they could not pass more severe sentences.

WHAT BECOMES OF "THE ANIMALS!"—Thomas Marratt, pork butcher, Warrington, for having had in his possession and exposed for sale the carcass of a calf, which was diseased and unfit for human food, was, by the Warrington magistrates, sentenced to two months' imprisonment with hard labour without the option of a fine. Marratt appealed against this decision. Butchers, of course, prefer to have the "option" which in this case was denied. The evidence adduced on appeal was revolting enough. The carcass had been purchased from a dealer named William Foster, who had bought the diseased calf from a farmer, and had it killed lest it should die. The animal appears to have been suffering from inflammatory disease, which had corrupted the whole body. The flesh was described by the borough medical officer as of a deep purple colour, soft and flabby. In the thigh was a large accumulation of blood and pus matter, the result of a fracture of the bone, which, for three weeks prior to death, had rendered the animal incapable of walking or standing. This appeared to have resulted in what doctors call pyæmia or blood poisoning in the animal, and anyone eating this diseased flesh, or even if a sore place or scratch upon the hand had touched the matter oozing from the calf, it might have produced poisoning in the same way. Then the poor calf, it was found, had also suffered from "joint evil," or rheumatism from weakness and lying down, and mucous was running from the knee joint. In his attempt to oust or modify the decision of the magistrates, the appellant butcher sought the friendly aid of several butchers and "farmers" who had bought or sold the calf during some period of its chequered career, or dressed its dead carcass. These men attempted to palliate the evil or to show that they or the appellant were ignorant of its extent. The court, however, confirmed the decision of the magistrates, but consented to strike out the words "hard labour."

A BUTTERINE SHOW has been held at the Cannon Street Hotel, under the auspices of the new Butterine Company, Limited. The object was to prove to the public how nearly butterine can be made to assimilate to butter in taste, colour, and smell.

Our abstract of the manifesto issued by the Baboo Keshub Chunder Sen, which appeared in this magazine for April, has been reprinted. An earnest friend who wishes this message of peace and charity to be widely read has kindly borne the cost, and copies can be had on application to our office.

VIENNA.—The Vegetarians here have at length overcome the obstacles which prevented them from acquiring a commodious and attractive restaurant. Their new quarters, which are decorated with portraits of prominent Vegetarians, with cases of appropriate books, and with a fountain, were opened with a banquet on 5th May.

THE reproach of frog eating, which used to be levelled by our fathers against their enemies, the French, can now be applied to the Americans. So great is the taste for frogs' legs that one frog dealer in Boston has a hundred men engaged frog catching. People in Manchester, who, it is said, freely consume old horses as beef, might find frogs' legs an agreeable alternative diet.—*Echo*.

AMONGST new ventures announced is the "Devonshire and Somerset Rabbit Warren, Poultry, and Dairy Company." It will also carry on ordinary farming, and is expected to include a shooting club. Among its first shareholders are a J.P., an accountant, a clerk and insurance agent, a captain, and a solicitor. Surely Devonshire is too pretty a county to be spoiled by such mercenary innovations!

DURING 1882, the report of the Veterinary Department tells us 2,797 animals were thrown overboard, 195 were landed dead, and 138 were so much injured or exhausted that they had to be killed at the place of landing, making a total of 3,130 animals drowned, killed, or injured. In 1881 the total was 9,221. This is not only horrible, but disgraceful. With such heavy casualties, the sufferings of the survivors must have been very great.—*Mark Lane Express*.

The "Berlin Academical Society for Harmonious Life (Vegetarian Society)" has carried the resolution: To admit as members not only students, but all educated men and women. Their principles, however, are not changed. "Our library," writes a member, "is the most complete one of the Vegetarian Societies in Germany. It embraces many English writings. The annual meeting (11th May) elected Mr. P. Breitreux, Friedensstr., 26, as the first secretary. M. Klein, Berlin, N., Weissenburgerstr., 2, is proprietor, publisher, and editor of the *Vegetarische Rundschau*.

FRUIT-GROWING has of late years developed into an important industry, especially in Kent, justly known as the Garden of England. In the latter county there are not a few growers who cultivate between 300 and 600 acres of fruit each, and one firm (Messrs. Vinson, of Orpington) grows above 400 acres of strawberries alone, with several hundred acres of other kinds of fruit. Messrs. Smith and Sons, of Simpson, near Windsor, produce about ninety-six tons of black currants annually, and cultivate some 400 acres of fruit altogether.—*The Caterer and Hotel Proprietors' Gazette*.

BY AN ORDER of the Science and Art Department of the Council on Education, South Kensington, dated 7th June, we find that Her Majesty's advisers in this department have listened favourably to representations made to them submitting that Hygiene should be added to the list of sciences towards which instruction is aided by that department, and their lordships have been pleased to sanction its addition to those subjects for which grants are made by the department. They have accordingly approved of a lengthy syllabus which has just been issued, a copy of which has been shown to us. "Food, diet, and cooking" comes first of eight heads in the syllabus for the elementary stage; "Food and its adulterations" comes first in the advanced stage.

CHEESE FROM BEANS.—Not content with making coffee out of date stones, the inventive genius of the age promises to produce us cheese which has never seen the inside of a dairy. For a long time past it appears the Chinese and Japanese have indulged with much satisfaction in a remarkable bean which grows in that region; but some energetic European has found out that this bean, owing to the greasy matter and albumen which it contains, can be worked up into excellent cheese. The bean is therefore to be imported into the south of France, and if it thrive we are promised cheese which will rank with the very best.—*Rio News*.

The *Anti-Adulteration Review* continues its energetic crusade. The August number contains a spirited leader on "The Food of the Poor," denouncing as "moral murder" the nefarious practice of "selling to our poor, who cannot help themselves, compounds and viands which in many cases are rank poison." It is bad enough to add to their milk 143 per cent of water, or even in one case 243 per cent of water, and to sell boxes of apples with a few sound ones at the top and the rest bad, but worse, in our view, to adulterate butter with 70 to 90 per cent of foreign fats, to convert "rotten meat" into sausages or pies, and to sell diseased meat to these helpless ones. The editor asserts too truly a fear that "the poor are cheated in their weight, eat adulterated bread and butter, drink adulterated milk and beer, and consume tons upon tons of putrid flesh-meat, and for one conviction there are fifty open and flagrant violations of the law," and that "to allow the poor to eat and live as they are doing now will one day, if unchecked, land us in some dire epidemic." In the face of facts like these, which anyone who likes may easily verify for himself, who can estimate the importance of direct teaching to the working classes upon the food question? A few simple facts on diet, if once learnt, would protect us from these abominable frauds, which can only be possible while the delusion exists among the poor and ignorant that flesh-meat is a necessary article of food.

"THOU SHALT NOT KILL."

(Read at a Social Meeting of Vegetarians, held in Manchester, 10th March, 1883.)

A Vegetist the other day
Was holding forth, "Thou shalt not
slay,"
Or rather he, with right good will,
Did preach from text "Thou shalt not
kill,"
When one o'th' num'rous butch'ring
tribe
Did thus begin to jeer and jibe :
"If thou objects to taking life,
Why didst thou cut with cruel knife
The flower which in thy coat I see ;
Thy act and teaching don't agree,
Since life is life, where'er 'tis seen,
In bird or beast or flower, I ween."
"Just wait a wee" said Vegetist,
"And unto me one moment list.
A plant ne'er feels a pang of pain,
E'en though you 'cut and come again.'

But thou dost hear a piercing cry
Of pain whene'er a hog doth die.
Its horrid death with gash in throat,
I'd therefore have thee please to note.
'Thou shalt not kill' doth still hold
good,
When 'tis applied to shedding blood
Of noble ox*, or humble swine,
Whose sense of pain is great as thine ;
The hired assassin doth for pelf
Act part as black as night itself,
And though thy hands don't bear the
stain
Of human blood, thou dost for gain
Thy humble fellow-creatures slay."
The butcher now cried loudly "Stay !
I see things now as ne'er before
And hence all butch'ring I'll give
o'er."

—T. KERSHAW.

* "He that killeth an ox is as if he slew a man."—Isa. lxvi. 3.

THE LATE JOSEPH PLACE.

By the death of Mr. Joseph Place, our local hon. secretary for Nottingham, the Vegetarian Society is deprived of a valued friend and an earnest advocate. Mr. Place, who was a joiner and contractor, was killed by the falling of an iron beam while superintending some building operations, at Nottingham, on 4th August last. Being a member of the Nottingham Board of Guardians, a prominent leader among the local temperance organisations, and a popular temperance lecturer, he was widely known and respected, and the news of his death caused a feeling of profound sorrow and sympathy throughout the town. For many years the name of Mr. Joseph Place has been associated with movements designed for the social and moral advancement of the people. He was ever assiduous in the discharge of his public duties, and was well known for the sturdy integrity of his conduct and the candour of his speech. He was of quiet, simple habits, of genial temper, kind and confiding, courteous, but plain spoken and of few words. A correspondent who knew him intimately truly says, "He was a man worthy of respect, and was respected." Mr. Place was a veteran teetotaler, an old member and supporter of the United Kingdom Alliance, and for the last twelve years was a consistent Vegetarian. He held and advocated that comprehensive view of Vegetarianism which insists upon food reform as the root and basis of true, permanent temperance reform. On behalf of the Vegetarian Society last year he organised a most successful "week's mission," at Nottingham, on the occasion of the visit of Mr. R. N. Sheldrick, and in many ways he has done valiant service for the Vegetarian Society and kindred movements. Mr. Place was 57 years of age, robust, active, and in the full enjoyment of life. His devotion to public and philanthropic work, which occupied so much of his valuable time, did not prevent him from personally conducting a comparatively successful business. At the time of his unforeseen death he was contemplating a brief and well-earned holiday at the Lakes, and had taken a ticket for Windermere, intending to leave Nottingham early on the next Monday morning. The funeral took place at the Nottingham General Cemetery, on the 8th August, and was attended by representatives of various temperance organisations and public bodies, forming a rather large procession. Among those present were the Chairman (Alderman Burton) and a large number of members of the Nottingham Board of Guardians, the Superintendent of the Radford Training Institution (Mr. F. Roach), the Public Librarian (Mr. J. P. Briscoe, F.R.H.S.), representatives from the Church of England Temperance Society, the Nottingham Temperance Mission, I.O.G.T., Band of Hope Union, Morley Club, &c. The first part of the burial service was performed by the Rev. James Yeames (Wesleyan), who delivered a short but impressive address in eulogy of the steady devotion of the deceased to the truth as he understood it, and his ardour and self-sacrifice in every cause for the benefit of his fellow-man. A number of floral wreaths were placed on the coffin, and at the close of the ceremony the hymn was sung commencing, "There is a land that is fairer than day." The deceased leaves a wife and several daughters.

Gleanings.

THE WORLD BEGAN with a garden. Of the first it is said, "the Lord planted it." Christ said, "Consider the lilies of the field." In the first of orchards was "Every tree that is pleasant to the sight, or good for food," and immediately after are enumerated the rivers and springs in it. The garden was the first special work of Providence, the habitation appointed for our undefiled nature; its culture the first task allotted to man, as it is sometimes the last, when all that life can yield or fortune bestow has been tired and exhausted.—*The Pillars of Hercules*. By David Urquhart. Page 22.

"THE ETHICS OF DIET" is undoubtedly the most complete and exhaustive collection extant of authorities in support of the Vegetarian theory; and since we have begun to discern the intimate connection of temperance reform with the broader question of dietetics, we think this book a boon to thoughtful temperance men. The book bears evidence of patient scholarly research, and a deep insight into social questions; while its profound humanitarian teaching comprehends all animals within its beneficent influence. Every aspect of the diet question is here treated, every difficulty met, every objection anticipated, and criticism almost disarmed.—*Blue Ribbon Gazette*.

THE MARIONA ISLANDS, lying near the line, demand our particular attention. The inhabitants of these islands know not what fire is, and indeed that element would be altogether useless to them, as they live wholly on fruits, which their land produces in great abundance; especially cacao, sago, which is much superior to rice, and a kind of paste or dough, that has the taste of the best bread, and is formed in a pod or shell on the top of a large tree. It is said that these people commonly live to the age of 120; the same has been said of the natives of Brazil. When they were first discovered they were neither wild nor cruel; nor did they want for any of the conveniences which were necessary for their subsistence. Their houses were built of the planks of cocoa trees, formed for the purpose with great industry, and were neat and regular. Their gardens were laid out with great art; and they were, perhaps, the most happy and the least wretched of any people.—Translation of Voltaire's Works, by Smollet, "History of the First Voyage Round the World," vol. iv., page 219.

HUNTING NOT PRIMITIVE.—"Hunting was not the primitive state of man, nor flesh his original diet. If all the literature of the world were destroyed except that of the Hudson's Bay Company, such a belief in future times might be pardonable. We put ourselves in a similar predicament when we take the pictures of early Greece as the first steps of the human race. The names of the first slayers of animals and eaters of flesh had been recorded, and yet we treat as a fable all that is enumerated of these times, because they talk of living upon acorns. A garden was the residence of our first parents. I had made one step backward towards the reality of early fable when I wandered in the Hesperides and plucked their golden fruit. Now, among the Cork forests, and seeing acorns and glands plucked and fed upon, I made a second, and reached the golden age itself. A man may thus travel and find food whereon he stretches out his hand or lays him down to rest. . . . Here are roots and plants and glands which will sustain life without the aid of cooking; and populations might spread and multiply, sustained by the spontaneous gifts of the earth. The first peopling of the globe remains the greatest of wonders; for what can be to us more unaccountable than the ease of their travels, the order of their society, the distinctness of their character, the rapidity of their growth?"—*The Pillars of Hercules*. By David Urquhart, 1850. Vol. i., pp. 394-5.

THE HEAVENLESS LIFE.—“What happiness can you have who have cockled your liver with sloth, defiled your lungs with gas and dirty air, emaciated your spine with sitting, befouled your stomach with lumps of flesh, exhausted your brain and eyes with undigested print, and deprived your nerves of their only natural sustenance of the open air and manual work !”—*Towards Democracy*, p. 98.

TENT LIFE IN BARBARY.—Habits still draw very closely on the Arcadian. Water is their drink ; their food milk and wheat not fermented, and subjected to scarcely any cooking. To their grain and milk they add dried fruits, fresh acorns, palmetto root, truffles, the lotus berry, and the like. The country produces the plants which yield sago and arrowroot.—*The Pillars of Hercules*. By David Urquhart, 1850. Vol. i., p. 394.

If women would consider this matter [of temperance] in its sanitary aspects, and study the question of diet in its connection with drink—if they knew the influence of an exciting, irritating, thirst-engendering flesh-diet, and the ease with which those who live on cooling fruits and vegetable foods abstain from alcoholic liquors, they would see their way to a broader temperance work. So long as people live on flesh it will be very difficult to get them to abstain from alcohol, while Vegetarians are temperate, and nearly all teetotalers.—*Herald of Health* (Dr. Nichols’).

GRAVE PROBLEMS.—No nation understands so little the use of milk as the English. We are familiar with the cooking and the diet of other countries. Nothing can be more afflicting than to visit the abodes and inspect the food of those amongst ourselves who cannot afford meat. The fashion of nations, and the mania for bakers’ bread, have expelled popular knowledge in the culinary art, together with the use of this natural diet, which is also proportionally diminished by the enclosure of commons, the methods of agriculture, and the disuse of ewe’s milk.—*The Pillars of Hercules*. By D. Urquhart (1848). Vol. ii., p. 163.

A WANT.—The world is suffering for smiling faces. The age is too intense in business, too flippant in “society,” too sarcastic in its political tendencies, too aimless in its religion, too heartless in its literature. The world needs more smiles and fewer frowns, more sunshine and less lightning. It costs nothing to let a smile play restfully upon the features, when trading or talking or reading. It pays infinitely more than it costs in friendship, in finance, in individual growth. We can win more people by a smile than it costs to frighten by a frown, just as the sunshine grows more trees than the lightning shatters.—*The Golden Rule*.

A CHANGE FOR THE WORSE.—Before me, on the side of Benledi, is a vale, now, with the exception of a few fields, uncultivated below and bare of trees above. In the wilderness a burial-ground may be traced, the record of an extinct class. The antlered tribe has also disappeared—forests, deer, culture, and men all gone. Here are six families ; the patriarch still living (1849) in his youthful days remembered twelve. While seeking into the causes of this decay, I found that they were changing their diet—the last thing a nation changes. They were resigning their milk and honey, and taking to sloe leaves and toast. They had loaf-bread from Callender. I asked, “Do you like it better ?” “No.” “Is it cheaper ?” “No.” “Is it more healthy ? Have you no time to knead your cakes ! Do you not know how to spend your money ?” “No, no.” At last out came—“It is the fashion !” If these Stuarts had said, “it is the custom,” instead of “it is the fashion,” the families would not have fallen from twelve to six within one generation—the sheep would not have eaten up the deer and the forest. A people with a phrase, “it is the custom” can never be destroyed. A people with the phrase, “it is the fashion,” cannot be said to exist, for it has nothing of all it possesses that it can call its own.—*The Pillars of Hercules*. By David Urquhart. Vol. i., pp. 170-2. 1850.

Recipes.

AN EXCELLENT RECIPE FOR PLUM CAKE.—1lb. flour, 6oz. butter, 6oz. pounded loaf sugar, 2oz. mixed peel, $\frac{1}{2}$ lb. currants, 2 eggs, and $\frac{1}{2}$ pint of milk. Rub the butter well into the flour, then add the sugar, peel, currants, and one large teaspoonful of baking powder. Beat up the eggs, add the milk to them, and mix altogether. This cake is improved by keeping.—S. E. SMYTH.

STEWED ONIONS OR LEEKS.—Take a stewpan, which shuts close, butter it, and put into it the onions or leeks, peeled, with a little brown sugar, pepper, salt, and water, in the proportion of half a pint to two Portugal onions; place the lid on the pan, to shut tight, and put it in an oven for two hours. Jerusalem artichokes, turnips, or carrots may be cooked in the same manner, by which the juice of the vegetables, which is so wholesome, is preserved.—J. MALCOLM.

STEWED LETTUCE.—Strip off the outer leaves and cut away the stalks. Wash the lettuces with exceeding nicety, and throw them into plenty of boiling water, with a little salt and soda. When they are quite tender, which will be in about twenty minutes, lift them out and press the water thoroughly from them. Chop them a little, and put them into a clean saucepan with a slice of butter and a little pepper. Dredge in a little flour, and stir them well. A little lemon juice may be added if preferred. Serve them as hot as possible, with nice brown sippets.—D. B. W.

NORFOLK DUMPLING.—Three-quarters of a pound of flour, three tablespoonfuls of milk, warm water, one teaspoonful of yeast, and half a teaspoonful of salt. Stir the salt into the flour, make a hole in the middle of it, pour in the water, add the yeast, stir round till all the water is absorbed, and you have a ball of the substance of sponge. Cover it with the remaining flour, let it stand covered with a thick cloth in warm place for two hours, then work it into a ball of rather stiff dough. Let it stand till a thin crust be formed, then put it into a saucepan of boiling water and boil gently for half an hour. Divide with two forks.—B. R. R.

PEA-SHELL SOUP.—Take the shells of half a peck of peas, wash them in water, add to them three quarts of water, a bundle of herbs, including some chives or sweet leeks, and a sprig or two of tarragon. When the pea-shells are sufficiently boiled, pour the whole through a colander, pound the pea-shells and herbs in a mortar to a pulp, and pass them through a sieve, or tammy cloth; add the filtered portion to the water in which the pea-shells and herbs were boiled, and to these a cupful of green peas, two lettuces, shred rather small, a couple of sprigs of mint, some pepper, salt, and sugar. A little butter or oil, rubbed up with flour, to be added to the soup just before it is taken from the fire.—J. MALCOLM.

GREEN PEAS SOUP.—Half-peck of peas and the shells of two large onions, two lettuces, two sprigs of mint, 1oz. of parsley, $\frac{1}{2}$ lb. bread, 2oz. butter, and a dessert-spoonful of flour. In shelling the peas, reserve $\frac{1}{2}$ pint of the best to put in the soup when finished. After cutting off the stalks, wash the shells and put them into a pan with enough boiling water to cover them, to which has been added half a saltspoonful of carbonated soda and a teaspoonful of salt. Let them boil half an hour, and rub them through a fine colander. Put the remainder of the peas and the remainder of the vegetables into another pan with a quart of water. Let them boil until soft, and rub them through the colander. Then put altogether into one pan, stirring in the butter and flour, previously mixed, seasoned with pepper. Boil the half-pint of reserved peas with a little water, adding a little salt and carbonated soda. Put them into the tureen, and pour the soup over them and serve.—*Vegetarian Cookery*. By the late Mrs. Brotherton.

CHEESE RUFFS.—Take some good toasting cheese, cut it up in small pieces, make some rich flaky paste into three-cornered puffs, and fill with the cheese.—FRANCES.

STEWED WATERCRESSSES.—Put them in salt and water, to clear them from insects, then wash them in plain water, and stew them gently till thoroughly tender. They may be chopped fine, like spinach, and pepper, salt, and some cream or butter added.

YEAST SUBSTITUTE.—Take 1lb. flour, $\frac{1}{2}$ lb. brown sugar, a little salt, 2gals. water. Boil all together one hour. When milk warm turn into a stone bottle, and cork. Let it stand for one day. About a pint of this yeast will suffice for four or five quartern loaves.—*Beeton's Penny Cookery Book.*

DRIED PEAS.—The best way to cook dried green peas is to put them in a stone jar, with sufficient water— $\frac{1}{3}$ peas to $\frac{2}{3}$ water—and then to stand the jar in a hot oven for from six to twelve hours. They are thus stewed, and can be boiled up in their own liquor in a saucepan any time before being served up.

LEMON CHEESE CAKES.— $\frac{1}{2}$ lb. of butter, 1lb. of pounded loaf sugar, six eggs (leaving out two whites), rind of two lemons, chopped very fine, and the juice of three lemons. Beat the eggs well, then add the sugar, butter, and lemons. Set them by the fire until they are thoroughly mixed, occasionally stirring.—S. E. SMYTH.

TO BOIL WINDSOR BEANS.—Shell them just before they are wanted, then wash, drain, and throw them into boiling water, salted, as for peas; when they are quite tender pour them into a hot colander, and drain thoroughly. Send them to table quickly, with a tureen of parsley and butter. This vegetable is often skinned after it is boiled, and heated in a saucepan, with butter, which greatly improves the appearance.—D. B. W.

BOILED FRENCH BEANS.—The strings should be drawn off with the tops and stalks; then split them lengthwise into delicate strips, and cut them once across, and throw them into plenty of cold water. When all are ready, wash and drain them well, and throw them into a saucepan of fast-boiling water, to which has been added a little salt and small piece of soda. Boil fast twenty minutes. Pour them into a colander, and serve with melted butter in a tureen, very hot.—D.

A NEW THING IN BOUQUETS.—Mix fruit with flowers. Bunches of white currants would mix particularly well with bright flowers, and gooseberries might be put on wire and introduced amongst flowers with good effect, and might be very welcome during an evening's entertainment to ladies who are total abstainers and fruitists. I say fruitists because it is a shorter term than Vegetarians, and less associated with the cold dulness of earth, and more with its brightness and beauty.—R.

STEWED CUCUMBER.—Pare and split into quarters one or two full-grown, but young, cucumbers, take out the seeds, and cut each part in two; sprinkle them with white pepper, flour, and fry them in a little butter; then lay them in a good brown Vegetarian gravy that will nearly cover them, and stew them gently for about twenty minutes, until they are quite tender. Dish the cucumbers, and keep them hot, while you thicken your gravy with a little flour and butter; pour it over the cucumbers, and garnish the dish with slices of lemon.—D. B. W.

LEMON PICKLE.—A most excellent flavouring for a variety of dishes: Take three large lemons, peeled, slit them across, nearly through, and put into them salt, three large cloves of garlic, half a handful of horseradish, sliced, and cover them with salt. Put them in a Dutch oven before the fire to dry till no moisture appears. Boil $\frac{1}{4}$ oz. of cloves and $\frac{1}{4}$ oz. of Cayenne pepper in one quart of vinegar. When cold, pour this over the dried lemons, and let them stand for four or five days. Then strain the juice from them, squeezing the straining bag well, as the thick part of the liquor is the best.—J. MALCOLM.

LIVERPOOL.—Nice rye bread (not black) may be had from Mr. Shock, grocer, 68, Brownlow Hill.

Can any reader give me recipes for making barley bread, also oatmeal bread and maize?—J. NUGENT.

RECEIVED.—“The Communist” (Alexander Longley, editor), Glen-Allen, Bollinger Co., Mo., U.S.A.

BIRTH.—On 12th August, at Stanley Terrace, Fallowfield, near Manchester, the wife of Mr. R. N. Sheldrick of a daughter.

I have heard of porridge made from wheatmeal and ground lentils, or lentil flour. How do we prepare it properly?—J. NUGENT.

WANTED, copies of “House and Home” for 31st March, 14th April, and 16th June, 1882, by Mr. E. J. Baillie, of Woodbine, Eaton Road, Chester.

SERVANTS WANTING PLACES in Vegetarian families are invited to communicate with our Secretary, Vegetarian Society, 56, Peter Street, Manchester.

“M. C.” will be almost certain to get “pearl meal” in Glasgow from Mr. Callum, 58, Candleriggs, or Messrs. Scott and Co., 116, Main Street, Anderston.

DIED.—IN AFFECTIONATE REMEMBRANCE of Robert Bank Blackader, who died 26th June, aged 70 years, and was buried at Abbot’s Langley Churchyard, 29th June.

CARPENTERS AND CABINET MAKERS.—A young man would like to correspond with others in this line of trade.—E. F., care of Mr. Shearing, 189, Hampstead Road, N. W.

TRAINING.—“F. C.” would like to correspond with any athlete who has trained and won either foot or bicycle races while a Vegetarian. Please send address to Mr. Bailey Walker.

MR. SAMUEL SAUNDERS, writing from The Hollies, Market Lavington, near Devizes, says: “I am much extending my business, and find my preserves appreciated by all who try them.”

ISLE OF MAN.—It may interest some of our readers to know that really good milk brown bread may be obtained at Mr. Kelly’s, confectioner, Athol Place, Peel, Isle of Man.—W. R. H.

WORTHING, NEAR BRIGHTON.—Any visitor can obtain comfortable apartments, with or without board, in a pleasant home, with Vegetarian diet, at Mrs. Nowell’s, 1, Lennox Terrace, Lennox Road.

GLASGOW.—Of schools of cookery we have two—(1) The Glasgow School of Cookery, Miss Keith, 151, George Street; (2) The West End School of Cookery, Mrs. Black, 150, Woodlands Road, W. B.

OUR NEXT ANNUAL.—Literary friends who would like to improve “Almonds and Raisins” for Christmas, 1883, or to make suggestions, will greatly oblige by early communication with our editors.

COARSE WHOLE-MEAL, made specially for boiling, ground in steel mills made for the purpose, can be had at 2d. per lb., 2s. 2d. for 14lb., and 15s. per 112lb., from the Food Reform Company, Great Victoria Street, Belfast.

DR. ANNA KINGSFORD will lecture at Longtown, Cumberland, on 25th September; Silloth, 26th September; Glasgow, 3rd October; Edinburgh, 4th and 5th October; and at Birmingham, on 16th October.

JAM.—I wish to impress upon readers the importance of using only pure sugar, Demerara or Porto Rico, or, failing that, the lump. I had some jam lately which, a few hours after I had bought it, began to ferment, and was worthless, owing, I suspect, to impure sugar.—J. N.

THE BADGE.—E. D. Soulsby (Blyth) writes to advocate what he designates “the best badge Vegetarians can adopt, viz., a small piece of ‘crushed strawberry’ ribbon. The colour is new, quite distinct, and very suggestive.” “Surely,” he adds, “this will meet the wants of all.”

MANCHESTER.—The subject of Food Reform in relation to Temperance is to be introduced by a deputation from the Vegetarian Society, at the next quarterly meeting of Temperance advocates and friends, to be held in Manchester on the 8th October, when an interesting and instructive debate is expected.

ERRATA.—In recipe for “vegetable pie,” page 236, August “D. R.,” “make a paste of granulated wheatmeal, ADD OIL OR butter, with water,” instead of “AND BOIL IN butter,” &c. In recipe for “macaroni and tomato sauce” read “cook (erroneously printed ‘work’) till the onion is quite dissolved.”

St. Simon’s Island, Georgia, U.S.A., has been commended to us by a correspondent as a suitable field for Vegetarian emigrants. All information may be had from the proprietor of the island, Mr. J. C. Chapman, who has issued a pamphlet of some twenty pages or more, with maps, giving information to intending emigrants.

EXPERIMENTS.—Professor Lewis’s address on tuberculosed milk is enough to make us avoid milk, cream, butter. This would also debar us from tea, coffee, cocoa. I am trying barley water, made of wheatmeal (1oz. to one tumbler of water), sugar, lemon, or anything to flavour it—boil. Is there any substitute for butter on bread or toast?—W. R.

“T. D. M.” suggests that our work might be promoted through the aid of the fruiterers and greengrocers, and that if an attractive handbill were prepared, giving on one side a few good recipes for cooking Vegetarian dishes, and referring at foot to Vegetarian cookery books and publications, the other side being left blank for advertisement matter to be supplied by the tradesman, many greengrocers would find it convenient to circulate as an advertisement among their customers and others. The circulation of such a bill could not fail to lead to good results. We think the plan excellent. How can it be set going?

GLASGOW.—*Annual Social Meeting of Scottish Food Reform Society will be held on Wednesday, 3rd October. Addresses by Mrs. Anna Kingsford, M.D., Edward Maitland, Esq., B.A., and others. For fuller particulars see announcements in local newspapers.*

THE RIBBON BADGE.—*Permit me to suggest respecting the Vegetarian badge, that the non-smoking ribbon of the Blue Ribbon Army (which many of our members already wear) be adopted, with these additions: a scarlet streak down the centre of the white stripe, as an emblem of ripe fruits, and one or two gold threads down each outer border of the blue as an emblem of ripe grains.*—SPERO.

GEM PANS.—*Of those who have already secured the pans for making "gems," many have reported favourably on their experiments. Many others, in different remote parts of the kingdom, have written to enquire price, &c. Hitherto the rates of carriage to such places have been high. Thanks to the Parcels Post, we can now furnish the pans singly through Parcels Post, prepaid, for 3s. each.*—J. N. LOUGHBOROUGH.

POTATO CAKES.—*This recipe seems needlessly tiresome. No need to put them to boil first, unless perhaps they are intended for a dinner dish. Our old Yorkshire cakes are for tea, and infinitely simpler, both in make and cooking. Anyway, I cannot conceive why these cakes need boiling at all, and there is too much flour in them for my notions. But then, you see, people have tastes so different, and variety is charming!*—M. H.

PICTURE WORK.—*If we could have that extract of Professor Lewis's on one side, and a picture of bacillis and trychine, magnified, on the other, thus labelled:—*

*Bacillis which swarms in Beef:
cannot be killed.*

*Trychine which swarms in Pork:
nothing can kill.*

it would tell. We could circulate them in every direction.—W. R.

"A. T." suggests "that the Executive undertake to post specimen copy of 'D. R.,' or a few pamphlets, to any given address, on receiving a request from any friend or member, and adding the sender's compliments, or not, as requested. I find business duties do not admit of my settling down to write to all the friends I should like on this subject, and it would be a convenience to others, doubtless, to be able just to drop a line and know that the 'D. R.,' &c., had been sent off to a desirable quarter."—[Our secretary will gladly do this at any time.—EDS.]

HASTINGS.—*"It may be useful to know that Mrs. Finch, of Little Common, Bexhill, Hastings, has very comfortable apartments, with splendid views, and that she makes Vegetarians very comfortable, being a first-rate cook, and most attentive. It is necessary to take your own beans and lentils, but fresh fruit, milk, and vegetables can be obtained in abundance."*—J. G. C. BULL. [Visitors to the Sussex coast may also obtain quarters with our old friends Mr. and Mrs. Godbold, 30, Carisbrook Road, St. Leonard's, and Mrs. Nowell, 1, Lennox Road, Worthing.]

WHALEY BRIDGE.—*Children's gathering on Saturday, 22nd September. Excursion train leaves London Road Station at 1-50, returning at 9-25. Return fare, 1s. 6d.; children half fares. Rambles on the hills; out-door games. Conductor, Mr. Robert Jackson. Fruit banquet at 5 o'clock, 6d. each; followed by addresses, singing, recitations, &c. The "Irish Street Singer" will be present. W. M. Wright, of Stockton-on-Tees, will address the children. All desiring to be present are requested to intimate the same to Mr. Jackson, post office, Whaley Bridge, by post card or otherwise, not later than the previous day. Ladies who attend can see Mrs. Jackson's method of preserving fruit fresh all the year round.*

HOW TO WORK.—*I beg to suggest to anyone who can undertake such useful work, the distribution of Vegetarian leaflets as "random shots" in some of the following ways: Those who are in the habit of walking through busy and crowded towns and cities to drop a few—from a ready store in pocket—in likely places for picking up. Those who ride in omnibus, tram, cab, or train—the latter especially—leave a few on the seats, &c. What more likely places? Who does not like an interesting paper to read on a long journey, when without companions, and only the music of the train wheels to keep him company? Next, that proprietors of Vegetarian restaurants, &c., have a supply of tracts (gratis, on application) to hang up, with string through corners, stand in cases, or lie on counters, with a prominent notice to all comers to "take some." Be sure to print along the side or bottom of every one the annexed notice. Trusting to see the plan well worked.*—ANGUS THOMAS.

BE TEMPERATE.—*I have often been surprised, in reading "D. R.," at the want of charity shown in some of the remarks made by contributors upon the customs of society, and those holding contrary opinions. I agree, e.g., with one correspondent—"Plain Dietary"—"that much harm is done by wild suggestions;" while "Shoes without Leather," who considers kid gloves a useless foppery, will find that strong language does not generally win the public ear. Outsiders need to be led step by step to our ideal, our cause being a labour of love, not of force. As Vegetarians, we shall fail if we do not show those around us that, while improving our bodily health, we also improve our spiritual life, thus making us more and more loving, just, and charitable to all. The study of phrenology and physiology would improve many Vegetarians, such study teaching us that there are those so constituted that they cannot readily grasp our ideas, and that peculiarity of constitution frequently prevents others from assimilating the kind of mental food we may find necessary for our own existence.*—R. G.

LOCAL ORGANISATIONS.

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BARNARD CASTLE: Hon. Sec., Mr. J. Davis, Galgate.
BATH.—Hon. Sec., Mr. A. C. Foot., 2, Terrace Walk.
BELFAST: Hon. Sec., Mr. H. L. Orr, 92, Holly Place, Balleyfaigh.
BIRMINGHAM: Hon. Sec., Mr. Herbert E. Carr, Clevedon Villa, Lloyd Street.
CAMBRIDGE: Local Hon. Sec. for the University, Mr. E. L. Holden, Trinity Hall; Town, Mr. M. E. Frank, Ferry Path.
CHESTER.—**FOOD THRIFT ASSOCIATION:** Hon. Sec., Mr. Ed. J. Baillie, 13, Eaton Road.
DUMFRIES: President, Dr. Gilchrist; Hon. Sec., Mr. S. Henderson, 24, Irish Street.
DUNDEE.—**FOOD REFORM SOCIETY:** Hon. Sec., Mr. Mc. D. Alexander, 29, St. Salvador Street.
EDINBURGH.—**FOOD REFORM ASSOCIATION:** Hon. Secretary, Mr. William Angus, 233, Leith Walk.
EXETER: Hon. Sec., Mr. Thomas Rice, Springfield Road, Pennsylvania.
GLASGOW.—**SCOTTISH FOOD REFORM SOCIETY:** Hon. Sec., Mr. W. Buchanan, 10, Carrington Street, W.
GREAT HORTON, BRADFORD: Hon. Sec., Mr. Joseph Wilson, Springville.
HULL: Hon. Sec., Mr. C. F. Corlass, 3, College Street, Beverley Road.
LEICESTER.—**VEGETARIAN SOCIETY:** Secretary, Mr. L. A. Johnson, Chandos Street.
LIVERPOOL: Hon. Sec., Mr. E. S. Hyatt, 53, Rossett Street, Rocky Lane.
LONDON: **AKREOPHAGIST'S CYCLING CLUB:** Secretary, Mr. F. W. Shearing, 189, Hampstead-rd., N.W.
LONDON.—**DANIELITES:** Lieut. Richardson, 118, St. Thomas Road, Finsbury Park, N.
NEWCASTLE-ON-TYNE: Hon. Sec., Mr. William Grant, 12, East Parade.
ORDER OF THE GOLDEN AGE: Mr. G. W. Gulliver, Registrar, 33, Alexander Street, Bayswater, W.
WARRINGTON: Hon. Sec., Mr. C. George, 16, Cartwright Road.
WHALEY BRIDGE: Hon. Sec., Mr. Robert Jackson, Post Office.
YORKSHIRE, EAST: Mr. Wm. Richardson, Church Hill, South Cave, S. R. O.

DINING ROOMS.*

BIRMINGHAM: The "Garden," 25, Paradise St.
BRISTOL: Mr. Parker, 11, Lower Maudlin St.
GLASGOW: M. Waddell's, 40, Argyle Street, 60, Union Street, and 35, Mitchell Street.
 The "Caledonian" 6, Jamaica Street.
LEICESTER: 7, Halford Street.
LONDON:
 The Alpha Restaurant, 23, Oxford St.
 The "Garden" Restaurant, 24, Jewin St.
 The "Arcadian," Queen Street, Cheapside.
 The "Apple Tree," 34, London Wall, E.C.
LIVERPOOL:
 The "Midlothian," 9, Great George Street, 1, Harrington Street, corner of Castle St.
MANCHESTER:
 F. Smallman's Café Restaurant, 27, Old Millgate, and 3, Cateaton Street.
 Vegetarian Saloon, Pall Mall, off Market St.
 Y.M.C.A., 56, Peter Street (upstairs).
 15, 16, 17, Exchange Arcade.

OUR FOOD STORES.*

ANDOVER: Fred. R. Harvey, 7, London St.
BELFAST: Food Reform Co., Great Victoria St.
BIRMINGHAM: T. Furze, 36, Digbeth.
 Hughes and Roberts, 25, Paradise Street.
BRADFORD: J. Whitham, 88, Govan Street.
BURNLEY: T. Lomas, 10, Hargreaves Street.
CAMBRIDGE: The Arcade.
DERBY: Richard Binns, 19, Market Place.
DUNOON: J. T. Clark, St. Vincent Buildings.
GLASGOW: J. Callum, 58, Candleriggs.
 Francis Spite & Co., 26, St. Enoch Sq., 233, Rd. New City Rd.; and 222, Dumbarton
 Andrew Scott & Co., 116, Main Street, Anderston; and 41, Main Street, Gorbals.
HIGHBRIDGE, SOMERSET: W. R. Hadwin.
LLANELLY: J. F. Young, 6, Stepney St.
LEEDS: F. W. Smith, 31, Meadow Lane.
LIVERPOOL: T. Canning, 9, Great George St.; 71, Pembroke Place; 199, Park Road; 8, Rice Lane, Walton Road.
 M. Davies, 113, Kensington.
LONDON: James Stevenson Enfield Bakery, 18, Westbourne Road, Barnsbury, N.
 Louis A. Jackson, Chandos Stores, 57, Chandos Road, Stratford, E.
MANCHESTER: F. Smallman's, Exchange Arcade, and Cateaton Street.
WEST HARTLEPOOL: W. Dunn, Bellevue.

* Additions to these Lists, or corrections of them, will be welcomed.

FOR VEGETARIANS ABROAD.

[List of friends (not lodging-houses) who are willing to accommodate Vegetarian travellers on reasonable terms. Arrangements to be made by post beforehand. 1s. per insertion in this list.]

LONDON.—Mrs. Mann, 14, Holford Square, King's Cross, W.C.
LUTON.—W. B. Rush, 7, Lea Crescent.
LONDON.—Mrs. Dales, 287, Crystal Palace Road, East Dulwich, S.E.
MATLOCK BANK.—Samuel Mills, Smedley Street.
MANCHESTER.—Mrs. Sheldrick, 2, Stanley Terrace, Egerton Road, Fallowfield.
NORWICH.—Mrs. Capon, Upper King Street.
ST. LEONARD'S.—Mrs. Godbold, 30, Carisbrook Rd
SHEEFIELD.—Mrs. Rennie, Woodbank Cottage, Rivelin Street, Higher Wackley.
WORTHING.—Mrs. Nowell, 1, Lennox Road.

THE GARDEN RESTAURANT AND **FRUIT STORE,** 25, PARADISE STREET, BIRMINGHAM.

ALL KINDS OF CEREALS, PULSES, AND FRUITS
IN STOCK, OF THE CHOICEST QUALITY.

SEND FOR PRICE LIST.

A FEW NAMES OF FRIENDS

*Who will give information to enquirers, and promote the work of the Society in their own localities. **

ABERGAVENNY : A. H. Austin, 1, Trinity Street.
 ATHERTON : E. Haslam, 18, Mealhouse Lane.
 ABERDARE : D. Thomas, 14, Brecon-rd., Hirwain.
 ABERDEEN : John Allan, Manse of Peterculter.
 BEXLEY HEATH : W. S. Manning, Camden Lodge.

BRIGHOUSE : W. R. Brook, Town Hall Buildings.
 BRADFORD : Joseph Wilson, Springville, Great Horton.

BARNARD CASTLE : James Davis, Galgate.

BOURNEMOUTH : William Carter, Belgran.

BRIDGEWATER : A. Pennell, North Street.

BRIGHTON : Rev. M. de Colleville, D.D., 24, Chatham Street.

BURNHAM, ESSEX : R. T. Bull, P. O.

BURNHAM, SOMERSET : G. Cholwich Wade, Esq.

BATLEY : D. Neild, Oaks Terrace.

BLANDFORD : J. Marshall.

BELFAST : J. S. Herron, 29, High Street.

BOLTON : Wm. Ashworth, Harwood.

CHESTER : Edmund J. Baillie, Eaton Road.

CHESTERFIELD : E. H. Hammond, Valley Road Spital.

CIRENCESTER : W. H. Moulder, 55, Dyer Street.

DUBLIN : R. J. Graham, Charlemont Place.

DEVONPORT : F. J. Saxby, 11, Cannon Street.

DARLINGTON : W. W. Parkin, Bright Street.

DOUGLAS : R. Smith.

DINGWALL, N. B. : R. Mackenzie.

EASTBOURNE : S. Cuthbert, 44, Terminus Road.

GLOUCESTER : Geo. Newman, Howard Street.

GUERNSEY : Francis Worley, St. John's Terrace.

HUDDERSFIELD : R. Balmforth, Rashville.

JERSEY : Jas. Driver, R.N., 2, Le Geyt Terrace, Springfield Road, St. Heliers.

KETTERING : W. T. Furniss, 8, Wood Street.

LOUTH : J. J. Cresswell, 13, Northgate.

LEITH : W. Angus, 233, Leith Walk.

MACCLESFIELD : C. Elmer, 91, Pierce Street.

MAIDENHEAD : A. L. Cooper, 86, High Street.

MATLOCK BANK : Samuel Mills.

MARYPORT : William Adair, 17, Curzon Street.

NEWPORT, MON. : W. W. Grant, 55, William-st.

NEWRY : J. MacKnight, 43, Canal Street.

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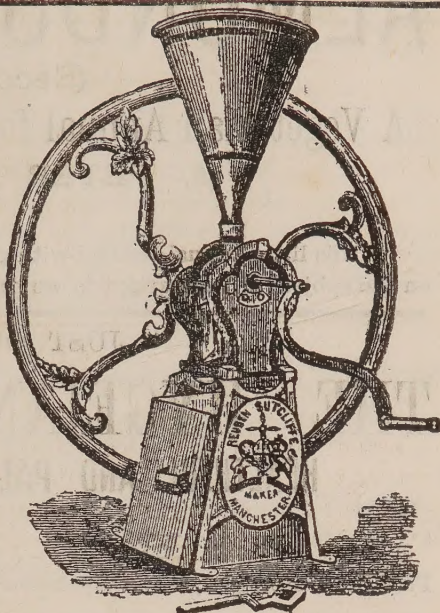
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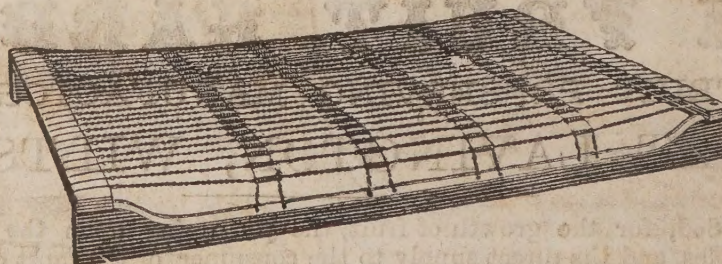
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